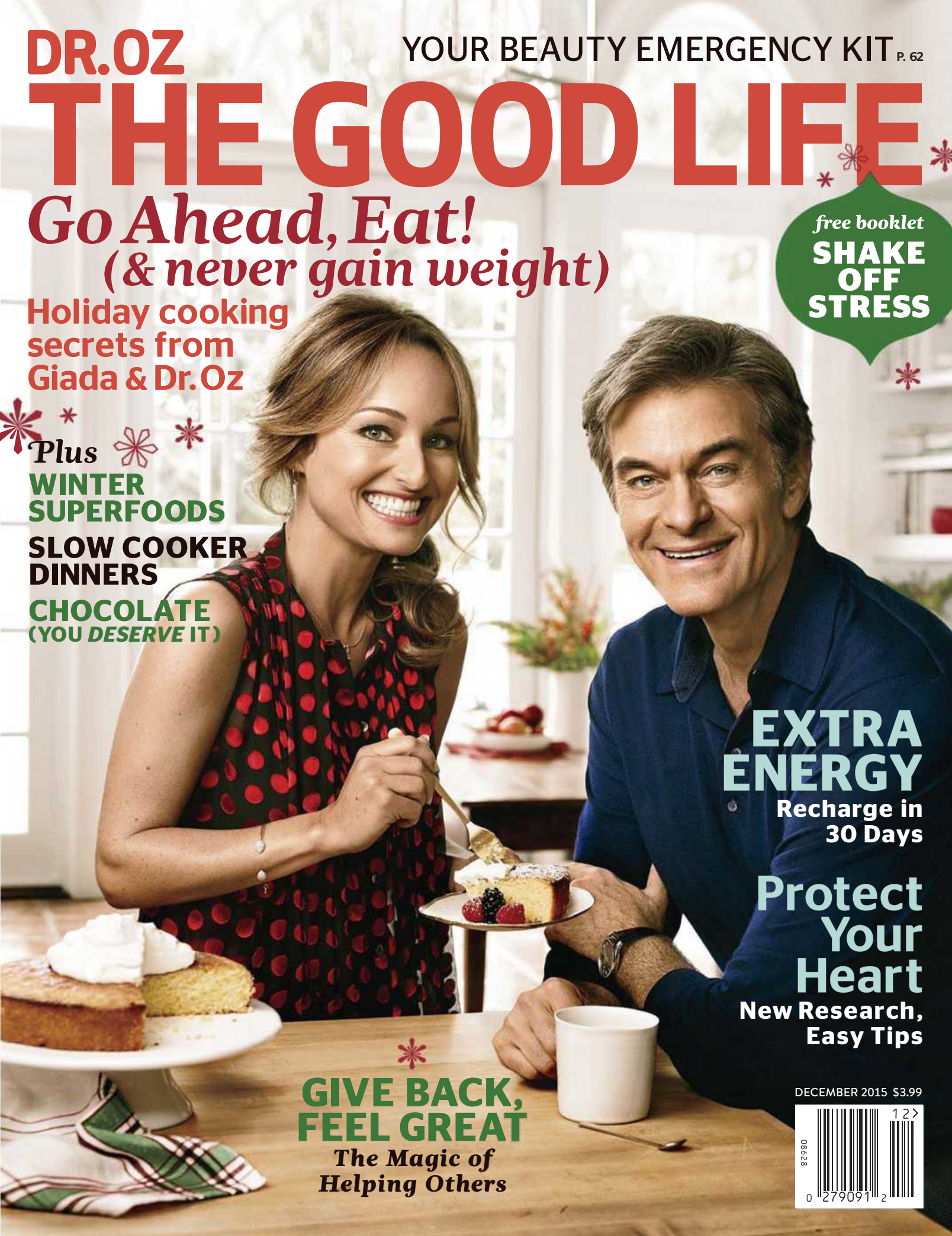

DR.OZ
YOUR BEAUTY EMERGENCY KIT P. 62
THE GOOD LIFE
Go Ahead, Eat!
(& never gain weight)
Holiday cooking secrets from Giada & Dr. Oz
free booklet
SHAKE OFF STRESS
Plus
WINTER SUPERFOODS
SLOW COOKER DINNERS
CHOCOLATE (YOU DESERVE IT)
EXTRA ENERGY
Recharge in 30 Days
Protect Your Heart
New Research, Easy Tips
GIVE BACK, FEEL GREAT
The Magic of Helping Others
DECEMBER 2015 $3.99

NATURTINT®

NATURTINT®

naturally better.

Discover the difference of natural botanical ingredients for a permanent hair color experience like no other.



FIND NATURTINT AT YOUR LOCAL HEALTH FOOD STORE.
LEARN MORE AT **naturtintusa.com** | 877.372.6567

© Naturtint USA



YOU CAN'T BEAT ZERO HEARTBURN*



LARRY THE CABLE GUY, ACTUAL USER



Prilosec OTC® has been the
#1 Gastroenterologist^ recommended,
#1 Doctor† recommended, and
#1 Pharmacist^^ recommended frequent heartburn medicine for **10 straight years.**

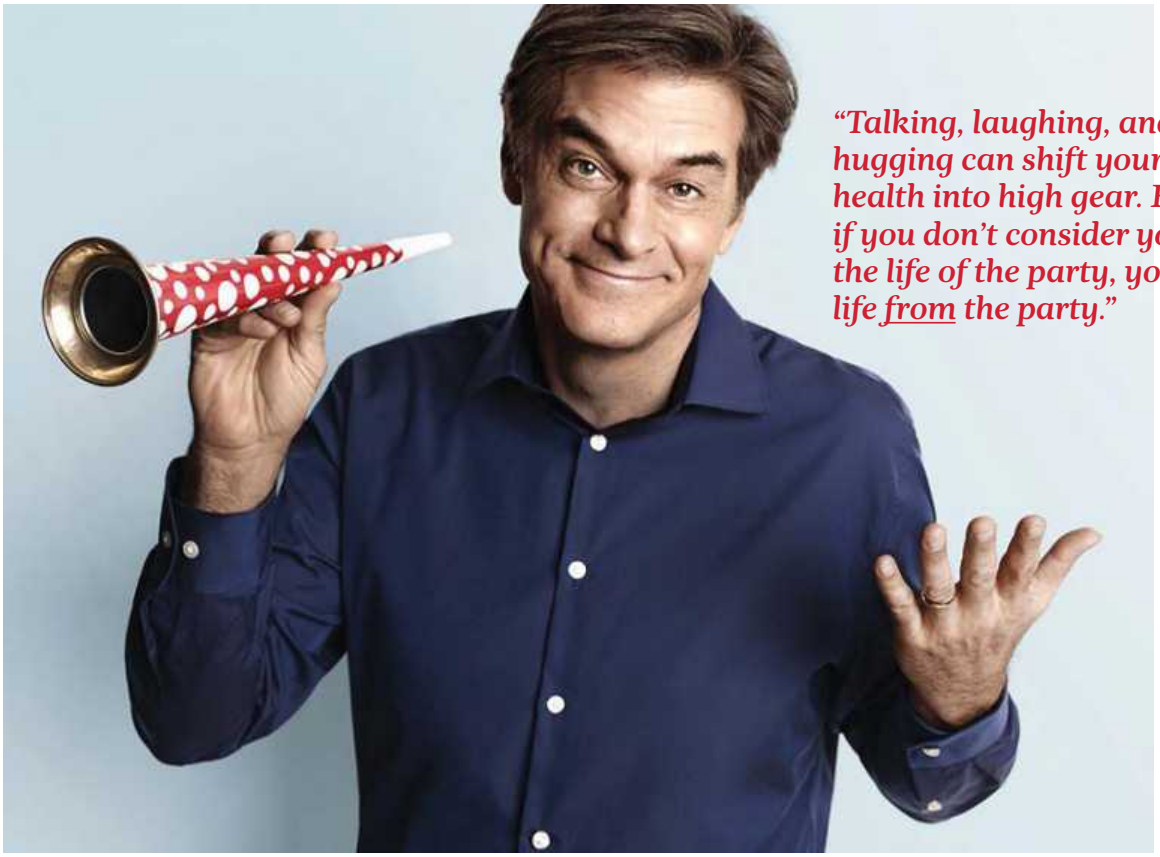
ONE PILL EACH MORNING. 24 HOURS.



ZERO HEARTBURN.*

*It's possible while taking Prilosec OTC. Use as directed for 14 days to treat frequent heartburn. May take 1-4 days for full effect.
^†AlphaImpactRx ProVoice™ Survey, Jan 2005 - Mar 2015. ^^Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006 - 2015.

© Procter & Gamble, Inc., 2015



"Talking, laughing, and hugging can shift your health into high gear. Even if you don't consider yourself the life of the party, you get life from the party."

Dr. Oz From the Heart

Are You Getting Enough Vitamin "S"?

Social time is so essential for everyone that I think it should be considered a nutrient. Let me coax you out the door, whether or not you're in the mood.

It's the chilly night of your friend's holiday bash, and you've had a crazy week. Tempted to curl up with a glass of cabernet and Olivia Pope instead?

I get it. But taking a pass depletes you of social nourishment, something all of us need. You've heard me talk about it before: People who have lots of connections live longer, are happier, and can better fend off the blues.

I'm not saying you need more "friends." Many of us convince ourselves that a Facebook check-in or a lot of "likes" on an Instagram post means we have plenty of contact with people we're close to. But technological interface is no substitute for old-fashioned face-to-face meets, greets, and parties.

So what I want you to do this month is to RSVP yes whenever you have the chance to get together and gab, mingle, and celebrate, whether you're really up for it or not.

Because even if you don't consider yourself the life of the party, you get life *from* the party. Plus, there's good news for people who think of themselves as introverts or socially challenged. Adam Grant, an organizational psychologist at the University of Pennsylvania's Wharton School (and my son-in-law John's favorite professor), says the majority of us are actually "ambiverts"—meaning we have the ability to be introverts or extroverts in different situations.

At those moments when you're leaning toward your introverted self, a little practice can help draw you out, says Grant. If you're shy about small talk, be prepared with a thought about your passions. Maybe you recently snapped a picture on your phone of a fun experience; talk about that when someone asks what you've been up to. It's a way to break your own ice.

Socializing can be a lot like exercise: You may not always want to take the first step, but it's generally exhilarating. Or at least refreshing. And the more you do it, the stronger you get. Don't be the one to send the last-minute "can't make it" text—only to see the photos later of the clinking glasses and laughter you missed. Social event tonight? Go get your vitamin "S."

Email me! Comments, questions, smart ideas? Send them to me at DrOz@hearst.com.

ART STREIBER. JOHN VARVATOS SHIRT

Naturally light and fresh taste

Lipton

be more tea

Lipton Pure Green tea is delicately blended from freshly picked, young leaves for a naturally light and fresh taste. Add a little uplift to your day.



taste good, feel good

DR. OZ THE GOOD LIFE

CONTENTS | DECEMBER 2015



84

Feast with No Regrets Giada and Dr. Oz show you how (*yum*)

ON THE COVER

Your Beauty Emergency Kit 62

Go Ahead, Eat! (& Never Gain Weight) 84

Free Booklet: Shake Off Stress 32

Winter Superfoods 10, 71

Slow Cooker Dinners 76

Chocolate (You *Deserve* It) 80

Extra Energy 112

Protect Your Heart 35

Give Back, Feel Great 24

Healthy Body

19 **Oz News: Health** A fun craving-killer, and new ways to stop snoring

22 **Listen to Your...Eyes** Keep 'em laser sharp with these tips

24 **Do Good, Feel *Amazing*** How we can all help each other get healthy

30 **What Happens When...** you yo-yo diet, "tweak" your knee, or wear heavy earrings

32 **Om for the Holidays** Breathing how-tos, yoga poses, and mind tricks to soothe any kink, crisis, or bad mood. Take *that,* Grinch

35 **Your Healthy Heart Playbook** Strengthen, protect, and anti-age it with our little life tweaks

42 **Phones, Cars, Deadly Mistakes** It's tough to stop calling and texting when you drive, but if you care at all about safety, you will

ART STREIBER

DR. OZ
THE GOOD LIFE

CONTENTS | DECEMBER 2015

True Beauty

49 **Oz News: Beauty** Help for sensitive skin and a DIY treat for your feet

52 **The Once-a-Week Secret to Better Skin** New masks that soften and brighten

57 **What's in Your... Nail Polish?**

59 **Scent and Your Skin** Find your perfect fragrance

62 **Your Beauty First Aid Kit**

64 **Get Makeup Down to a Science** The right colors + your face = gorgeous

98

Need a Gift? Fabulous ideas for everyone, you included!



64

Lipstick Magic She's using some right now. Ready to try it?



Cover Credits Dr. Oz and Giada De Laurentiis photographed by Art Streiber. For Dr. Oz, styling by Allison St. Germain. Hair by Anne Sampogna. Makeup by Linda Melo. Sweater, Saks Fifth Avenue. Watch, Zenith. For Giada, styling by Sam Spector. Hair by Matt Fugate for Exclusive Artists Management using Kérastase. Makeup by Julie Morgan. Blouse, Diane von Furstenberg at Saks Fifth Avenue. Earrings, Melinda Maria. Bracelet, Vale. Prop styling by Courtney de Wet at Big Leo. Food styling by Lish Steiling.

Good Eating

71 **Oz News: Food** A *hot* live-longer food; oatmeal upgraded

74 **Eat Like Dr. Oz at a... Cocktail Party**

76 **Mmm...It's Slow Cooker Season** Kick it off right with these fresh, fill-you-up recipes

80 **Good Life Goodies!** Treat yourself to a superfood-spiked sweet, snack, or sip

84 **Giada's Feel-Good Feast** She cooks up a healthy holiday with turkey, mashed potatoes, and—*yesss*—cake

Home Life

95 **Oz News: Living** The calming power of fish tanks; smart holiday budget advice

98 **The Good Life Gift Guide** Forty-two awesome, affordable ideas, all with mind and body benefits

106 **Set a Magical, Mindful Table** These so-easy tips will make your meal healthier and more joyful

110 **How Was Your Year?** Look back with no regrets, and pave the way to a great 2016

In Every Issue

3 **Dr. Oz From the Heart**

8 **Your Smart Ideas**

13 **Ask Dr. Oz Anything**

112 **Dr. Oz's Rx** Find Your Energy Formula



110

Year Review Seven questions—your answers will surprise you!



ENJOY *THE GOOD LIFE* ANYWHERE
Check out our tablet edition for exclusive videos from Dr. Oz, and visit our website, DrOzTheGoodLife.com, for recipes, health tips, and new stuff every day!

FROM TOP: MARKO METZINGER/STUDIO D; JOHNNY MILLER. ILLUSTRATIONS BY SARAH COLEMAN



©2015 LensCrafters. All rights reserved.

Your Smart Ideas

Manage holiday madness with these time-saving snacks, stress relievers, and cold remedies, courtesy of our creative readers. Then send us the gift of *your* healthy-living tips!

HEALTHY BREAK FROM TRADITION

"I let myself off the hook on sending holiday cards (except for a few business contacts). I send Valentines instead. Nobody really expects cards to arrive in the mail in February, so it's a surprise, it makes people feel great, and they often call to thank me and catch up. They'd be way too busy for that around the holidays." —Grace Nelson

PARTNER UP

"To stay motivated to exercise during the winter months, I take a cardio dance class with a friend who's a former coworker. The class is fun—it mimics a club, complete with colored lights and a live DJ. Working out with my friend keeps me accountable, and it's how we stay in touch now that we don't see each other every day."
—Amanda Finkelstein

EGG-IN-A-CUP

"I crack egg whites into a mug, pour in a little salsa and shredded cheese, and then microwave for about a minute and a half. It's a really fast way to make a healthy breakfast."
—Katie Bassel

TEACHER KNOWS BEST

"I try to avoid catching colds from my students by drinking a few teaspoons of apple cider vinegar in the morning before anything else is in my stomach. It keeps my sinuses clear, can soothe a sore throat, and promotes healthy flora in the digestive tract. I recommend Bragg's organic brand." —Moira Skea

Editors' Note: Before drinking apple cider vinegar, dilute it with some water and honey to prevent throat irritation, and to improve the taste!

TEXT THERAPY

"I save heartwarming messages on my phone and read them when I need an instant lift. My grandson once wrote, 'I love you, Mama,' just because! I always hesitate to erase even one; they're all so special to me."—Linda Howell

BETTER BAGEL SNACK

"I found a healthy bagel alternative that actually satisfies my carb craving and saves me lots of calories! I spread a little reduced-fat cream cheese between two Stacy's Everything Bagel Chips. I follow the serving size (12 chips for 130 calories) and make six mini sandwiches." —Shannon McLernan

BIKINI MIND-SET

"I shop for bathing suits or beach dresses in the off-season. It keeps me motivated to eat healthy and exercise, even when it's snowy and freezing out!" —Lauren Zales

SERENITY NOW

"To relax after a long day at the office, I like to turn the lights off, sit on the couch, and light an organic soy "serenity candle" scented with lavender or vanilla. Sometimes I watch the flicker of the candle; other times I just close my eyes. It puts me into a good space every time." —Letika Sivels

How do you motivate yourself to exercise when it's lousy outside? Send your ideas about that and anything else to Tips@DrOzTheGoodLife.com. Submissions may be edited for length and clarity.

BURT'S BEES



LIMITED EDITION

— UNCAP FLAVOR —

'Tis the season for new Mint Cocoa Lip Balm
and all the naturally moisturizing flavors of Burt's Bees.®



DR. OZ THE GOOD LIFE

Superfood of the Month

Pomegranate seeds are loaded with potassium, fiber, and vitamin C.



HEY, READERS! WHAT'S COOKIN'?

Sarah Feinstein, New York
I make a pomegranate-apple crisp with a topping of rolled oats, almond flour, maple syrup, coconut oil, and vanilla. The leftovers are amazing crumbled over my A.M. yogurt.

Submit your own smart idea for an upcoming superfood star: oranges! We'll feature one reader tip, so email yours to DrOzSuperfoodTip@hearst.com.

I love pomegranate molasses drizzled on meat and roasted veggies. You just simmer the juice with sugar and lemon until it gets syrupy.

I'm a big fan of adding pomegranate seeds along with chia to my morning oatmeal—great for winter!

Sprinkle the seeds over soft goat cheese and you have an instant party food.

FOUNDING EDITOR **Mehmet Oz, M.D.**
EDITOR IN CHIEF **Jill Herzig**
EDITOR AT LARGE **Lisa Oz**

EXECUTIVE EDITOR **Lisa Bain** DESIGN DIRECTOR **Jaclyn Steinberg**
MANAGING EDITOR **Abigail Greene** PHOTO DIRECTOR **Bruce Perez**
DEPUTY EDITORS **Margarita Bertsos, Marty Munson** BEAUTY DIRECTOR **Brian Underwood**
LIFESTYLE DIRECTOR **Miranda Van Gelder** ART DIRECTOR **Angela Riechers**
CONTRIBUTING FOOD DIRECTOR **Susan Spungen**
EDITORIAL DIRECTOR **Ellen Levine**

EDITORIAL
SENIOR EDITOR **Sandy M. Fernández**
ASSISTANT MANAGING EDITOR **Melissa Smario**
ASSOCIATE EDITOR **Hannah Hickok**
ASSOCIATE BEAUTY EDITOR **Sarah Weir**
ASSOCIATE LIFESTYLE EDITOR **Rebecca Santiago**
COPY EDITOR **Jean Rodie**
RESEARCH EDITOR **Katherine Wessling**
EDITORIAL ASSISTANT **Aleksandra Mencel**

ART & PHOTO
PHOTO EDITOR **Kathy Nguyen**
DEPUTY ART DIRECTOR **Amanda Kirk**
ASSOCIATE ART DIRECTOR **Vanessa Fiori**
ART/PHOTO ASSISTANT **Giuliana Galant**
DIGITAL IMAGING SPECIALIST **Andrea Desiderio**

DROZTHEGOODLIFE.COM
SITE DIRECTOR **Sarah McNaughton**
WEB EDITOR **Tehrene Firman**

ADVERTISING & MARKETING
V.P. PUBLISHER & CHIEF REVENUE OFFICER **Kristine Welker**
NEW YORK ADVERTISING 212-767-5800

ADVERTISING DIRECTOR
Matthew Adam Smith

EXECUTIVE DIRECTOR
Karen Sullivan

ACCOUNT DIRECTOR
Kathleen Nagle

ACCOUNT MANAGER
Grace Clarke

MIDWEST ACCOUNT DIRECTOR
Diane Burke 312-251-5385

MIDWEST ACCOUNT MANAGER
Meredith Alenky 312-251-5384

LOS ANGELES REPRESENTATIVES
Cynthia McKnight, Jim Horan, Access Media
310-341-2344

SOUTHWEST REPRESENTATIVES
Lynn Wisdom, Virginia Davis, Wisdom Media LLC
214-526-3800

SOUTHEAST GROUP ADVERTISING DIRECTOR
Kelly Peterson 770-641-1578

NORTHWEST REPRESENTATIVES
Andrea Wiener, Liz Jenks, Athena Media Partners
707-933-1823

DIRECT RESPONSE
Peter Brevett 212-649-4205

EXECUTIVE ASSISTANT TO THE PUBLISHER
Amanda Armbruster

SALES ASSISTANTS
Sara Hofmann, Megan Fechner

EXECUTIVE DIRECTOR, INTEGRATED MARKETING **Howard Grier**

ASSOCIATE DIRECTOR, INTEGRATED MARKETING **Colleen O'Connor**

SENIOR MANAGER, INTEGRATED MARKETING **Abigail Weiner**

MANAGER, INTEGRATED MARKETING **Kirsten Kubiak**

JUNIOR DESIGNER **Erica Simon**

GENERAL MANAGER
Salvatore Del Giudice

GROUP CONSUMER MARKETING DIRECTOR **Heather J. Plant**

GROUP PRODUCTION DIRECTOR **Chuck Lodato**

GROUP PRODUCTION MANAGER **Christopher Hertwig**

PREMEDIA MANAGER
Na'Tasha Simmons

GROUP AD SERVICES DIRECTOR
Donald Gordon

PUBLISHED BY HEARST COMMUNICATIONS, INC.
PRESIDENT & CHIEF EXECUTIVE OFFICER **Steven R. Swartz**
CHAIRMAN **William R. Hearst III**
EXECUTIVE VICE CHAIRMAN
Frank A. Bennack, Jr.

HEARST MAGAZINES DIVISION
PRESIDENT **David Carey**
PRESIDENT, MARKETING & PUBLISHING DIRECTOR **Michael Clinton**
PUBLISHING CONSULTANTS
Gilbert C. Maurer, Mark F. Miller
PRINTED IN THE U.S.A.

EDITORIAL OFFICES
300 WEST 57TH STREET
NEW YORK, NY 10019

THE INFORMATION IN THIS MAGAZINE IS NOT INTENDED AS INDIVIDUALIZED MEDICAL ADVICE. YOU SHOULD ALWAYS CONSULT WITH YOUR OWN DOCTOR ABOUT YOUR MEDICAL CONDITION. THE CONTENT OF ALL SUBMISSIONS (INCLUDING LETTERS, RECIPES, TIPS, AND PHOTOGRAPHS) SHOULD BE ORIGINAL AND BECOMES THE PROPERTY OF *DR. OZ THE GOOD LIFE*, WHICH RESERVES THE RIGHT TO REPUBLISH AND EDIT ALL CORRESPONDENCE RECEIVED. BY MAKING A SUBMISSION, YOU GUARANTEE THAT YOU POSSESS ALL NECESSARY RIGHTS TO GRANT THE MATERIAL TO *DR. OZ THE GOOD LIFE*.

For subscription inquiries, contact customer service at Service.DrOzTheGoodLife.com; write to Customer Service Department, Dr. Oz The Good Life, P.O. Box 6000, Harlan, IA 51593; or call 800-945-3057. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such mailings, please send your current mailing label or an exact copy to Mail Preference Service, P.O. Box 6000, Harlan, IA 51593. You can also visit https://preferences.hearstmags.com/Brands/OZM/login.aspx to manage your email preferences. Dr. Oz The Good Life © Hearst Communications, Inc. 2015. All rights reserved. Dr. Oz The Good Life is a trademark of Hearst Communications, Inc.

THOMAS C CARD/TRUNK ARCHIVE

Dr. Oz wants to hear what you think of the December issue. Take our quick, simple online survey and you'll automatically be entered for a chance to win $5,000.



YOU COULD

WIN $5,000

GO TO WWW.DECEMBERSURVEY.DROZTHEGOODLIFE.COM

"Whenever I hear from you, I learn so much about what it means to live the good life. So keep sharing!"

Mehmet Oz, M.D.

Visit **www.DecemberSurvey.DrOzTheGoodLife.com** to get started.

NO PURCHASE NECESSARY TO ENTER OR WIN. READER FEEDBACK SWEEPSTAKES. Sponsored by Hearst Communications, Inc. There are two (2) ways to enter beginning December 1, 2014, at 12:01 AM (ET) through December 31, 2015, at 11:59 PM (ET): Either go to www.decembersurvey.drozthegoodlife.com on a computer or wireless device and complete and submit the entry form pursuant to the on-screen instructions. One (1) Grand Prize Winner will receive $5,000; One (1) First Place Winner will receive $500 and (10) runner-up Winners will each receive $100. Total ARV: $6,500.00. Important notice: You may be charged for visiting the mobile website in accordance with the terms of your service agreement with your carrier. Odds of winning will depend upon the total number of eligible entries received. Must have reached the age of majority and be a legal resident of the 50 United States, the District of Columbia or Canada (excluding Quebec). Void in Puerto Rico and where prohibited by law. Sweepstakes subject to complete official rules, available at www.decembersurvey.drozthegoodlife.com.

If your walls could talk, they'd say *subscribe*.



GET TONS OF IDEAS FOR EVERY ROOM IN YOUR HOUSE.
SUBSCRIBE TODAY AND YOU'LL SAVE 55%.

save.hgtvmag.com

A chocolate swap? Should you let a cut breathe? Find out here.

12.15



ASK DR. OZ ANYTHING

Your Burning Questions Answered!



Q Does a holiday meal really "stretch" your stomach so you're hungrier the next day?

Bigger people don't necessarily have more stomach capacity. Take Matt Stonie, the reigning champ of Coney Island's annual hot-dog-eating contest, who downed 62 dogs in 10 minutes. Clearly, he has a very stretchy stomach—and he weighs a mere 130 pounds.

OZ SAYS That's half true. Your stomach does stretch when you eat. (Some people's can expand to hold—get this—four liters of food.) But it doesn't stay that way. Within four or so hours—a little longer for a feast—your tummy empties and returns to its normal state.

And size likely has little to do with how hungry you feel the next day, says Oliver Varban, M.D., a bariatric surgeon at the University of Michigan Health System. All that food may disrupt insulin and other hormones that help you know when you're hungry or full.

To avoid an instant replay of yesterday's overload, try having an apple before you sit down to eat a regular-size meal. In one study, people doing this ate nearly 200 calories less. Then chew slowly to give your body time to tell you when it's full. (And stop before it yells, "Hey! Enough already!")

STYLING BY MEGUMI EMOTO AT ANDERSON HOPKINS. DR. OZ ILLUSTRATION BY LUKE WILSON

PHOTOGRAPHED BY JEFF HARRIS

TRY IT *or* SKIP IT

Protein Bars for Meat Lovers

THE CLAIM Advocates for these savory, meat-based bars trumpet them as a more wholesome snack alternative to standard sweet energy bars or even jerky.

OZ SAYS The new wave of jerky/energy bar hybrids really are raising the bar when it comes to protein-based snacks. These options—usually a combination of organic or grass-fed meats along with dried fruit, nuts, seeds, and spices—are far easier to carry around than, say, a piece of grilled chicken. And they stack up nicely against jerky: Many have about half as much sodium and are free of preservatives and additives such as nitrites or MSG.

"Compared to the typical energy bar that relies on highly processed forms of sweeteners and proteins, these bars have a whole-food-based ingredient list and lower sugar numbers, which make them a healthier choice," says Alissa Rumsey, M.S., R.D., a spokesperson for the Academy of Nutrition and Dietetics. They can be useful hunger busters, she says. Just check labels and look for those with 8 g or more protein, and less than 8 g sugar and 300 mg sodium.



OUR FAVORITE MEATY BARS

Two brands got the most raves in our taste test.



EPIC

Beef, Apple, Uncured Bacon A little sweet, a little smoky, and a nice, soft texture for 140 cals. *($3, epicbar.com)*

Chicken Sriracha If you like your snacks fiery hot, this one's for you. It's also among the lowest-calorie bars we tasted (100 cals). *($3, epicbar.com)*

BRICKS

Turkey, Sweet Potato, Cranberry, Pumpkin Seed The mix-ins make it easy to chew; sage, thyme, and cinnamon spices reminded testers of a holiday meal—all for a smart 130 calories. *($3.50, bricksbars.com)*

WHEN SOMEONE TELLS YOU THEY HAVE A SERIOUS ILLNESS, WHAT CAN YOU SAY THAT'S ACTUALLY HELPFUL AND COMPASSIONATE?

OZ SAYS We're just beginning to understand the giant impact of caring people gathered around a person who's sick. At the hospital, I've seen countless examples of how much empathy and support truly matter. Still, it's easy to get tongue-tied when someone who's ill confides in you. Try these approaches:

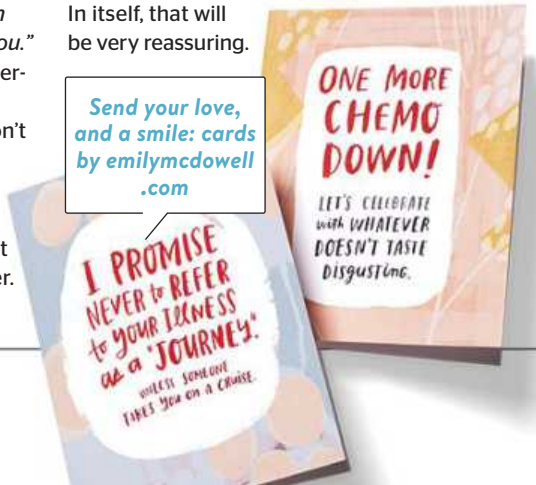
SAY *"I'm so sorry this is happening. I can imagine how difficult this must be for you."*

WHY This is more helpful than an "I understand what you're going through" or "It will be OK" since, in many cases, you don't know if it will be OK, and you may not understand everything that person is experiencing, says Allison Applebaum, Ph.D., director of the Caregivers Clinic at Memorial Sloan Kettering Cancer Center.

SAY *"I'm here for you now, and I will continue to be here for you."*

WHY Many people fear they'll be abandoned. "There is a grain of truth here, since support networks can fluctuate over the course of the illness as people get scared or overwhelmed," says Applebaum. Let the person know you'll stick around. In itself, that will be very reassuring.

Send your love, and a smile: cards by emilymcdowell.com



CARDS: STYLING BY WENDY SCHELAH AT HALLEY RESOURCES. ALL ILLUSTRATIONS BY THE ELLAPHANT IN THE ROOM



Q

What's up with the compost trend? Is the bin unhealthy?

OZ SAYS Composting's popularity is surging, and the container can get pretty gross. Still, it shouldn't pose any health risks. "The main issue with having a container of rotting food scraps in your kitchen is that it can attract fruit flies, which may carry germs," says Rhonda Sherman, a waste management expert at North Carolina State University. "That's usually solved by keeping a tight-fitting lid on the bin." Take down the ick factor by storing scraps in a bowl in the freezer. This prevents odor and bugs, she says, *and* food that's been frozen decomposes faster once it's on your outdoor compost heap.

?

Cuts: Keep 'em covered or let 'em breathe?

OZ SAYS After you've washed out the cut with soap and water, slather on a little Vaseline or other emollient, and put a lid on it. Moisture helps it heal best, says Adam Friedman, M.D., a dermatologist at George Washington School of Medicine and Health Sciences, because it allows cells to communicate with each other better. That's especially important in the first 24 to 48 hours, when your body sets up the initial highway for immune cells to rush in and new skin to form.

A scab (more likely to form when a cut's uncovered) interferes with this process, forcing cells to get around and under it. Got a scab anyway? Don't pick it or the healing has to start over again.

Q

TURMERIC: EAT THE SPICE OR TAKE A SUPPLEMENT?

OZ SAYS I'm all for eating a lot of this versatile spice, which gives curries their vibrant flavor and mustard its Day-Glo yellow. But for turmeric to help your health, you may want a supplement, too.

The main health-giving part of this plant is the chemical curcumin, and more than 7,000 studies have examined its effects in helping prevent cancer, arthritis, diabetes, Alzheimer's, and Parkinson's. Its anti-inflammatory properties are what make it such a Swiss Army knife of nutrients. "Since chronic inflammation all over the body is the root cause of many illnesses, taking curcumin supplements is an easy and potentially effective way to prevent diseases," says Ajay Goel, Ph.D., who researches curcumin and cancer at Baylor University Medical Center in Dallas.

A teaspoon of turmeric contains only about 100 mg of the active ingredient, and you'd need anywhere from two to 10 times that to get the biggest benefits. That's a lot of turmeric. For supplements, Goel recommends taking ones that contain 250 or 500 mg once or twice a day.





Q *Should you throw away your lipstick after having a cold?*

OZ SAYS The chance that you'll get reinfected by cold germs on your lipstick or gloss is pretty low, according to Mona Gohara, M.D., an associate clinical professor of dermatology at Yale School of Medicine. If you have anything more than a cold, though—like the flu, mono, or a cold sore, which may involve hardier viruses and germs—ditch the lipstick or gloss you've been using and buy a fresh one.

TRY IT *or* SKIP IT

Bathroom "Spray Before You Go" Odor Stopper

THE CLAIM As one company puts it, "Spritz the bowl before you go, and no one else will ever know."

OZ SAYS These products, such as Poo-Pourri and Toodaloo, really can stop the stink as it starts. Their oils create a slick on the water, trapping odor molecules to prevent them from becoming airborne, says Pamela Dalton, Ph.D., M.P.H., a member of the Monell Chemical Senses Center in Philadelphia. (A few drops of a regular essential oil might be effective too.) Traditional room sprays just aim to mask bad scents. So oils are worth a try, especially in close quarters.



? DOES CAROB HAVE ANY OF THE HEART BENEFITS THAT CHOCOLATE DOES?

OZ SAYS Chocolate is the clear winner of that race, although carob, ground from the pods of the carob tree, has a couple of things going for it that chocolate doesn't. For one, it's free of caffeine, whereas an ounce of dark chocolate has 23 mg. Carob chips also tend to be made without milk fat, unlike many chocolate ones. But if you're not very sensitive to caffeine or lactose and you're not vegan, chocolate is the better bet by far, says Kristin Kirkpatrick, R.D., a wellness manager at the Cleveland Clinic. "It contains flavonoids, plant compounds that may improve artery function and lower inflammation," she says.

Q

CAN A HEALTHY PERSON EAT CHEESE...EVERY DAY? (WE *REALLY* LIKE CHEESE.)

OZ SAYS

YES, YOU CAN!

As far as daily indulgences go, cheese isn't such a bad guy. It's true that it tends to be high in sodium, calories, and saturated fat—so I wouldn't advise swan-diving into a fondue pot every night—but it can also pack in plenty of good stuff, like calcium, protein, and zinc. Eat cheese the Oz way: First, stick to one serving a day (the nutrition label is a good guideline). Second, choose it with care. "When you want to add a salty, savory flavor to a meal, go with hard cheeses," says Libby Mills, R.D.N., a spokesperson for the Academy of Nutrition and Dietetics. "They have less liquid, which makes the taste intense. A few shavings go a long way." But if you're craving a bigger chunk, softer ones like mozzarella, cottage cheese (see right), and even Brie are better options. "Their higher liquid content drives down calories and makes portion sizes a bit larger," says Mills.



Picture This...

It will help you remember what a one-ounce serving of cheese looks like.



BRIE =
3
AA batteries



CHEDDAR =
1
wine cork



FETA =
2
golf balls
(about ¼ cup)

Want a Little Cheese?

Grab your grater and one of our favorite hard cheeses. They're like herbs and spices—it only takes a little bit to transform a dish. Three ways to use 'em:

1. PARMESAN, the pasta go-to, is also delicious on soups. **2.** ASIAGO has a nutty flavor that pairs great with salads. **3.** CHEDDAR adds major zing to chili and omelets.

Want a Lot?



Remember cottage cheese? In its heyday, we scooped it onto everything. It has 7 grams of protein in a quarter cup, so it's time to bring the trend back, deliciously:

1. SPREAD IT on toast and pile on avocado, tomato, and red onion. **2.** TOP IT with dried figs, walnuts, and a little honey. **3.** MIX IT into scrambled eggs with fresh herbs.

ADDITIONAL SOURCES: ABBY LANGER, R.D.; MARISA MOORE, R.D.



*3 grams of oat soluble fiber daily as part of a low saturated fat and cholesterol diet may help reduce the risk of heart disease. Old Fashioned Oatmeal provides 2 grams. Instant Quaker Oatmeal provides 1 gram.

HEALTHY BODY

Parched as a cactus?
We lose more moisture from our skin to the dry air in winter, so drink up.



KEIJI IWAI/GETTY IMAGES

OZ NEWS: HEALTH

5 THINGS WE JUST LEARNED

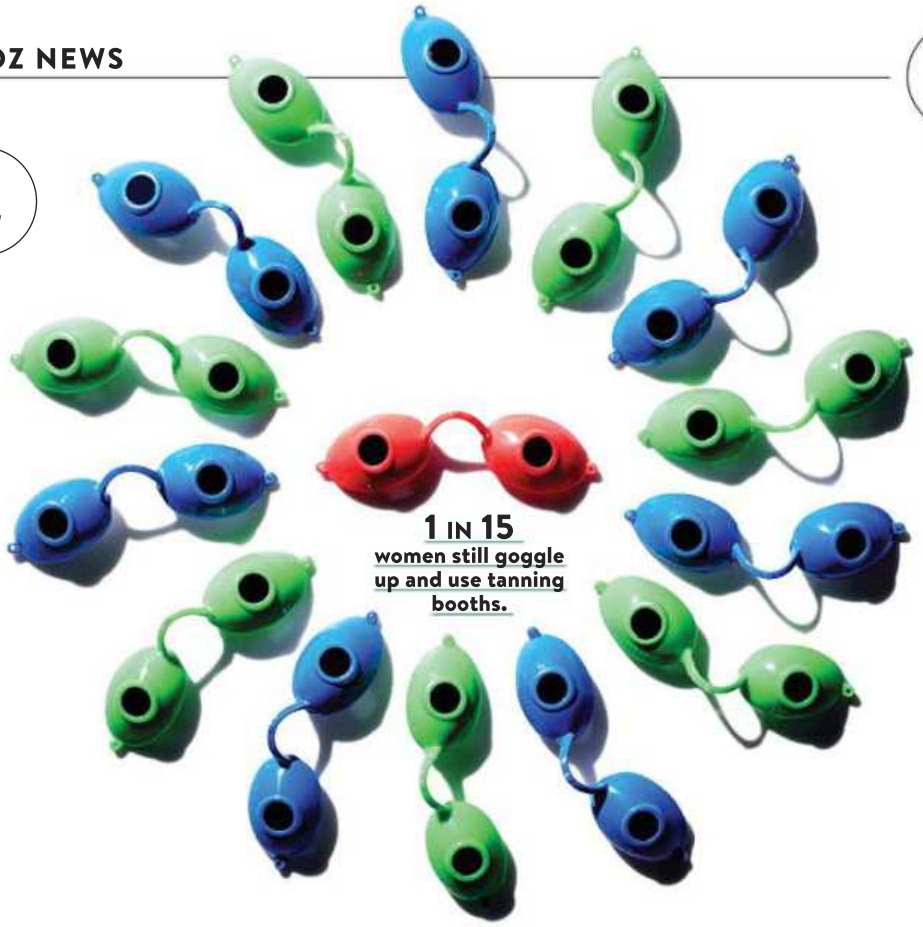
Turn for 4 More

1

Dehydration Is a Winter Thing, Too!

We know to drink more when it's hot out. But cold weather can be a perfect storm for dehydration as well: It makes you pee more, yet you feel up to 40% less thirsty, research shows. You don't have to chug water all day to stay hydrated, though. We get up to 20% of our fluids from other liquids and foods. Warm beverages like coffee, tea, and cocoa all count—as do juicy fruits and soups.

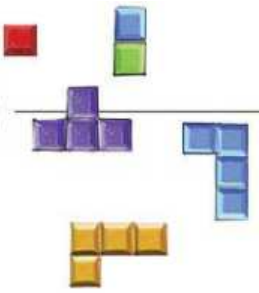
2



THERE'S PROGRESS ON THE SKIN CANCER FRONT

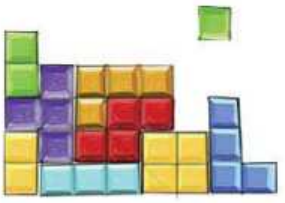
Indoor tanning rates among women have dropped in the past few years—from 8.6% in 2010 to 6.5% in 2013—according to new research published in *JAMA Dermatology*. However, an estimated 7.8 million women are still indoor tanners. **That number should be zero.** "There is no such thing as a safe tan; tan skin is injured skin," reminds Darrell Rigel, M.D., a clinical professor of dermatology at NYU Langone Medical Center. Find your faux glow in a tube!

3



This Game Blocks Temptation

Keep your eyes on the falling blocks until you stop dreaming of something sinful. Playing Tetris for three minutes weakens cravings by 14%, a new study shows. The ever-shifting puzzle can interrupt these mental images, so the cravings fade. Not a Tetris type? Try any visually interesting game.



4

Sitting May Stress You Out The more time you spend on your butt, the more likely you are to feel anxious, a new review of research found. One possible factor: Sedentary habits like too much TV may isolate you from your social circle. Skip the Netflix binge when you're feeling frazzled, and meet a friend for a walk instead.

5

Who's the trumpeter in your bed?



A Simple Snoring Fix Exists

About 90 million Americans snore. If you (or worse, your partner) are a loud snoozer, doing simple mouth and tongue exercises could help stop the honking—they firm up the floppy tissues and muscles that cause upper-airway obstructions, according to a new study in the journal *Chest*.

Start with 20 reps for each of these moves, and do them three times a day. In a few weeks, your spouse can thank us.

- **Say "aah." (Yes, just that—it works the muscles you're trying to target.)**
- **Push the tip of your tongue against the roof of your mouth, and then slide it backward as far as you can.**

FROM TOP: J MUCKLE/STUDIO D; GETTY IMAGES. ILLUSTRATION BY THE ELLAPHANT IN THE ROOM

YOU LAUGH. YOU LEAK.

OR

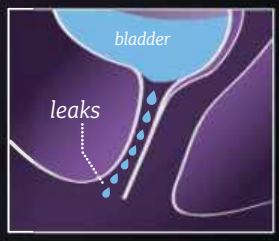
YOU DON'T.

Revolutionary new Poise* Impressa* Bladder Supports let you laugh without leaks.

Introducing Poise* Impressa*, designed to help stop leaks before they start by giving your body the support it needs in just the right place. Non-absorbent, comfortable and easy to insert. See how it works and hear from women who love it at **impressa.com**.

9 of 10 WOMEN
SAID THEIR BLADDER LEAKAGE WAS REDUCED OR STOPPED.







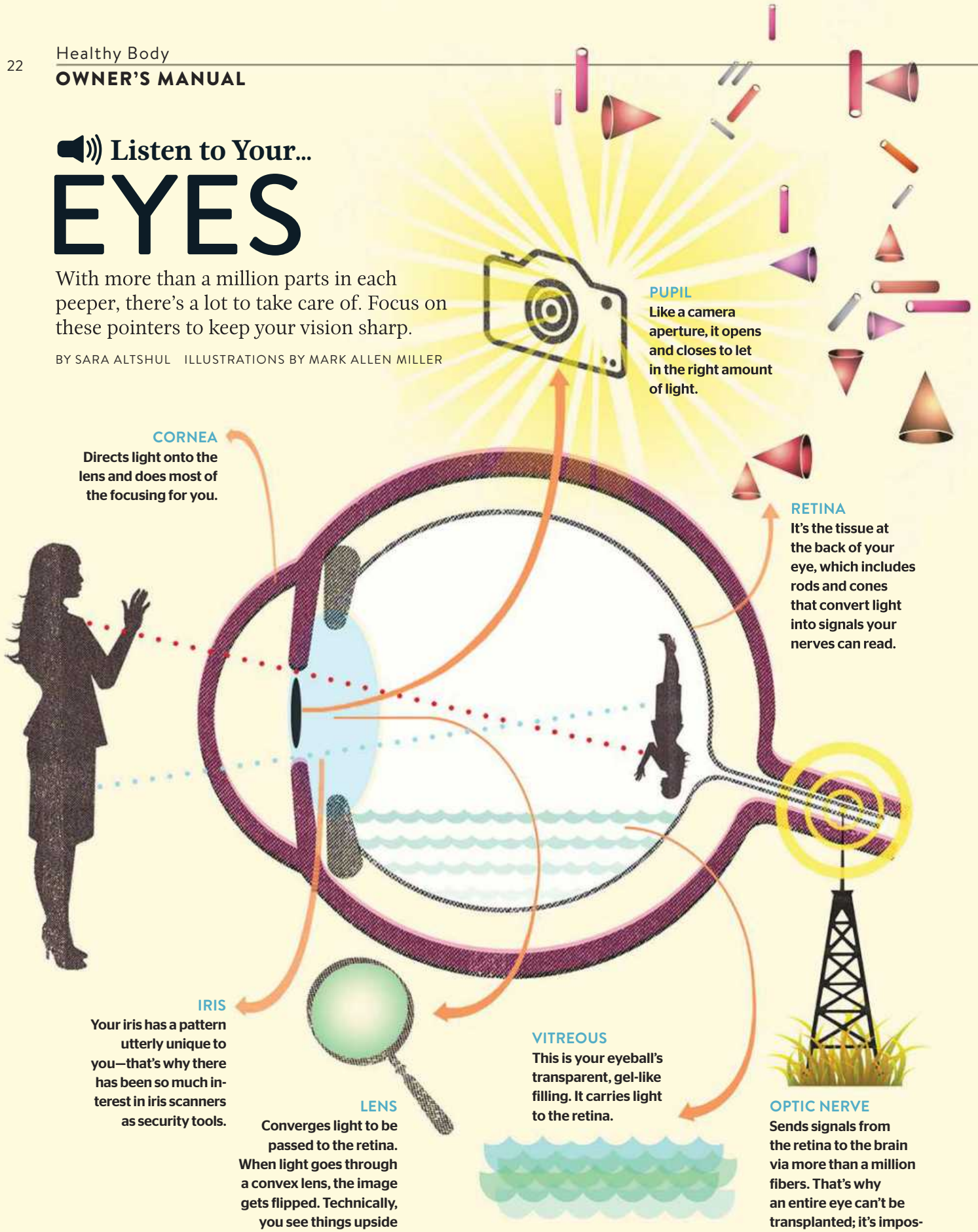
® Registered Trademark and *Trademark of Kimberly-Clark Worldwide, Inc. © KCWW

Listen to Your...

EYES

With more than a million parts in each peeper, there's a lot to take care of. Focus on these pointers to keep your vision sharp.

BY SARA ALTSHUL ILLUSTRATIONS BY MARK ALLEN MILLER



CORNEA
Directs light onto the lens and does most of the focusing for you.

PUPIL
Like a camera aperture, it opens and closes to let in the right amount of light.

RETINA
It's the tissue at the back of your eye, which includes rods and cones that convert light into signals your nerves can read.

IRIS
Your iris has a pattern utterly unique to you—that's why there has been so much interest in iris scanners as security tools.

LENS
Converges light to be passed to the retina. When light goes through a convex lens, the image gets flipped. Technically, you see things upside down, but your brain turns them right side up.

VITREOUS
This is your eyeball's transparent, gel-like filling. It carries light to the retina.

OPTIC NERVE
Sends signals from the retina to the brain via more than a million fibers. That's why an entire eye can't be transplanted; it's impossible to surgically attach all those connections.



Your Eyes Love Greens

They crave two little plant nutrients you don't hear much about—lutein and zeaxanthin—along with the mineral zinc. A huge study from the NIH's National Eye Institute found that taking them may slow the progression of age-related macular degeneration (AMD) if you catch it early—especially if you're low in these nutrients to begin with. That's a big deal, since AMD is a major cause of vision loss. Lutein and zeaxanthin are easy to eat up (and everyone should); a cup of cooked kale delivers double what the study used. Also possibly helpful: healthy amounts of vitamins C, D, and E. The 25 mg of zinc is more than most people eat (unless you're a big oyster fan), so if you're at higher risk of AMD—family history, smoking, obesity, and high cholesterol can raise it—consider a multivitamin or talk to a doc about supplements.

BOOK AN APPOINTMENT!

Some 61 million American adults are at high risk for serious vision loss, but only 50% have seen an eye doctor within the past 12 months.



There's a Reason Why...

...A scratch hurts so much. The cornea is laced with pain-transmitting nerve cells that tell you to remove a foreign body quickly before it causes damage.

...Your contacts bother you. A new CDC survey found that almost every single contact lens wearer does at least one thing that puts her at risk of an uncomfortable or harmful eye infection. Three dirty habits: sleeping in lenses, using a lens case for longer than three months, topping off solution.

...You get "sleepers," those crusty little globs that form overnight. When you're awake and blinking, particles of oil, mucus, dust, and skin cells naturally wash away, explains Ivan Schwab, M.D., a professor of ophthalmology at the University of California Davis School of Medicine. Not so during shut-eye.



PREVENT TIRED EYES

Screens make your eyes work extra hard. Relieve them with the 20-20-20 rule: For every 20 minutes of screen time, look about 20 feet away for 20 seconds.

Additional Sources: Emily Chew, M.D., deputy clinical director, the NIH's National Eye Institute; Robert F. Melendez, M.D., clinical assistant professor, University of New Mexico Health Sciences Center; Jonathan D. Trobe, M.D., professor of ophthalmology and visual sciences, University of Michigan Kellogg Eye Center

Use the Right Drops

The drugstore has shelves upon shelves devoted to them. Let us help.

If your eyes are red, itchy, or watery during allergy season Try antihistamine eyedrops, which block the allergic reaction in your eyes. Help prevent symptoms by using the drops daily in allergy season, recommends Angie Wen, M.D., of the New York Eye and Ear Infirmary of Mount Sinai.

If they're dry and tired now and then Artificial tears, also known as lubricant drops, can keep natural tears from evaporating. If you use these more than four times a day, experts suggest steering clear of the kind with benzalkonium chloride, a preservative that can be irritating. Beware of redness reducers; frequent use can leave eyes more bloodshot than ever.

If they're dry and scratchy 24/7 Artificial tears not helping? You may have dry eye syndrome: Tears evaporate too quickly, or you're not making enough. You might want prescription drops; or some people opt for a minor surgical maneuver to fill the "drain" in each eye with a tiny silicone plug that keeps moisture around longer.

Do Good, Feel *Amazing*

Oz-inspired teens and mentors are paying their health lessons forward—to their families, siblings, and peers at school—and changing lives across America. Yours could be one of them.

BY KIM TRANELL



Max (left) showed Ramon that eating right helps his baseball *and* his focus.

Fifteen years ago, Dr. Oz walked into an auditorium to speak to high school students about the human body, using real organs to get them engaged. The next morning, he received an avalanche of questions—from parents. The students had shared their new wisdom. It made Dr. Oz realize something powerful: that kids could be the agents of change and help tackle health crises like obesity.

Enter HealthCorps, which Dr. Oz founded with his wife, Lisa, in 2003. Based on the Peace Corps model, the organization recruits and trains recent college graduates to serve as mentors at high schools from coast to coast. They each make a two-year commitment to teach teens that by eating differently, moving a little more, and developing mental resilience, they can change their entire health destiny.

The results are exciting. Students who participated were 36% more likely to report an increase in physical activity (says research published in *Childhood Obesity*) and also felt happier. (In one study, 69% reported better self-esteem.) The program has reached more than 550,000 teens and is growing with the help of the CK-12 Foundation, a nonprofit that offers free digital educational resources to classrooms worldwide.

That activism thing is happening too: Students are leading lunchtime hummus taste tests and school-wide dance-offs. They're tossing more veggies into the family shopping cart and getting their folks off the couch for evening walks. They're changing waistlines, habits, and hopes. Want to join them? Follow that teen!

He Inspired His Whole Family

At just 16, Ramon Chicas walked away from a routine doctor's visit with a devastating diagnosis: He had high blood pressure and was dangerously close to developing type

BUFF STRICKLAND. OPPOSITE PAGE: COURTESY OF SUBJECT

2 diabetes. "When my mom told me more about what that meant, I was really scared," says Ramon, then a junior at Houston's Sharpstown High School. "I knew I had to do something." First step: an after-school cooking club led by HealthCorps mentor Max Blumenthal.

Max seized on the teen's love of baseball, emphasizing how the right foods could help him improve his game. Wow, was that motivating. Before long, Ramon was a standout. "Every dish he made came out amazing!" reports Max.

Ramon also became the well-being warrior of his family, bringing home favorite recipes like black-bean tacos and homemade granola bars. He gave his parents a primer on portion size. "One day, I grabbed a kid's plate out of the cabinet and told them, 'We should be eating on this—it gives the illusion that less is more,'" Ramon says. "We still eat on those plates, and it's really helped the whole family."

Over about a year, Ramon dropped 40 pounds and built an unbreakable sense of determination. Now a senior, he's on the varsity baseball roster—a once unthinkable prospect for the kid who, at his first practice, had fallen down breathless after a single warm-up lap. "I can run more than I used to. I can lift more weights," Ramon says. "HealthCorps taught me how to deal with stress, to study calmly—it actually helped me focus. You just need willpower. Anything you want to do, you can accomplish."

▼ **RAMON'S RECIPE**

Spice Rub

Max taught Ramon this spicy low-cal rub to sub for sugar-loaded BBQ sauce.

Combine ½ cup **paprika,** ¼ cup **brown sugar,** and 1 Tbsp each ground black pepper, salt, **chili powder, garlic powder, onion powder,** and **cayenne pepper.** Rub on chicken or meat before cooking. Store extra in a sealed container.

She Lost Her Parents but Found Her Way

Julia Santiago remembers looking around the room one morning in sixth grade when her dance teacher announced a father-daughter dinner. "The other girls were so excited," says the Stockton, CA, teen. "That's when it really hit me: All of these people have fathers, and I don't." Julia's mom had left the family shortly after she was born, and her dad died from colon cancer three years later. Her aunt had stepped in and was raising her lovingly, but Julia still felt a void. To fill it, she turned to food. After hearing about the dance, she went home and tore into the cupcakes and potato chips that were always stocked on the kitchen counter.

What ended this bleak binge cycle? A sip of green smoothie offered by HealthCorps mentor Precious Fortes. At lunchtime during the fall of her junior year, Julia reluctantly accepted a sample. "I expected it to taste like grass," says Julia. "But it was pretty good!" So when Precious followed up by inviting her to a healthy cooking class, Julia said yes. Over the next few weeks, she learned how to stir-fry veggies and what the heck tofu was, and she also developed a strong bond with Precious, who helped her fully understand the connection between eating and emotions. "Ms. Fortes said, 'OK, we're not going to feed your stress anymore—we're going to talk about it instead,'" Julia recalls.

Precious taught her how to make simple but high-impact tweaks—more fruit, less junk food, a little Zumba to blow off steam. And Julia brought her new knowledge home to her aunt. (Those cupcakes and potato chips? Replaced with apples and homemade trail mix.) Weight loss wasn't her main goal, but Julia dropped 10 pounds over two years.

Today, her mentor is a first-year medical student at UCLA, and Julia is headed in the same direction, as a pre-med freshman at the University of Oregon. Precious remains her cheerleader. "I didn't learn about nutrition until college," she says. "Julia already has healthy skills and is putting them to use! I couldn't be prouder."

Julia is on the path to med school like her mentor, Precious.



▼ **JULIA'S RECIPE**

The Sneaky Smoothie

This is great for veggie-phobes: The sweet banana camouflages the spinach.

Place 1 **small banana,** 1 cup **packed baby spinach,** ½ cup **ice,** and ¼ cup **coconut milk** in a blender. Blend until smooth.

SERVICE CAN SLIM YOU DOWN

HealthCorps mentors become role models and almost automatically get fitter along the way. When you're tackling a health goal, make it your mission to help someone else meet theirs. You'll both get there sooner!



Elsie, mentor Alice, and JoJoe bond before a run.

▼ ELSIE & JOJOE'S RECIPE

No-Bake Oatmeal Cookies

Elsie and JoJoe satisfy a sweet tooth with these easy treats, which pack enough protein and healthy carbs to be an ideal preworkout snack.

Mix ½ cup **peanut butter** and ¼ cup **honey** together in a large mixing bowl. Add 1 cup **oats,** ¼ cup **dried fruit,** and ¼ cup **crumbled walnuts,** then stir to combine. Shape the mix into jawbreaker-size balls and roll in **coconut flakes.** Eat right away or refrigerate.

They Run for Sisterhood!

When Alice Curchin, a HealthCorps mentor, arrived at Sacramento's Arthur A. Benjamin Health Professions High School last fall, she wondered why so many of the girls hung back and didn't participate during gym class. The answer might have discouraged a different kind of teacher, but not Alice. "They told me they didn't want to get sweaty in front of the boys," she says. "I knew then I wanted to create a safe space just for them where they could exercise and build confidence."

Just like that the Running Club was born—but it wasn't only about pounding the pavement. Alice's newly formed, all-girl gang got together to chat about everything from healthy preworkout snacks to the pressures they felt to look a certain way. They also took 40-minute, set-your-own-pace runs, with no headphones or cell phones allowed. The idea, says Alice, was to teach the girls that exercise has a power beyond fitness and weight loss: It can give you much-needed time with your own thoughts, help you forget your worries, and tap emotional resources you didn't know you had.

That's a lesson 18-year-old JoJoe Hernandez picked up almost immediately. She'd initially joined the club to hang out with her younger sister Elsie, 16—but the track quickly became its own draw. "I get this adrenaline rush whenever I run," says JoJoe. "And it makes me feel really good about myself." Elsie has become less critical of her body. "Before, I would complain a lot because I have bigger thighs," she explains. "Now I realize they're really strong!"

Alice is especially proud that Elsie and JoJoe have extended the support-group model to their family, taking their little sisters on short jogs while chatting with them about issues like bullying and body image. The girls got Teresa, age 7, to open up about the true source of the frequent headaches that had often kept her home from school: She was being teased for being the tallest person in the first grade class. "We told her, 'Teresa, people have all kinds of opinions, so you can't let them bother you,'" says JoJoe. "Just live your life and love your body—you'll be happier."

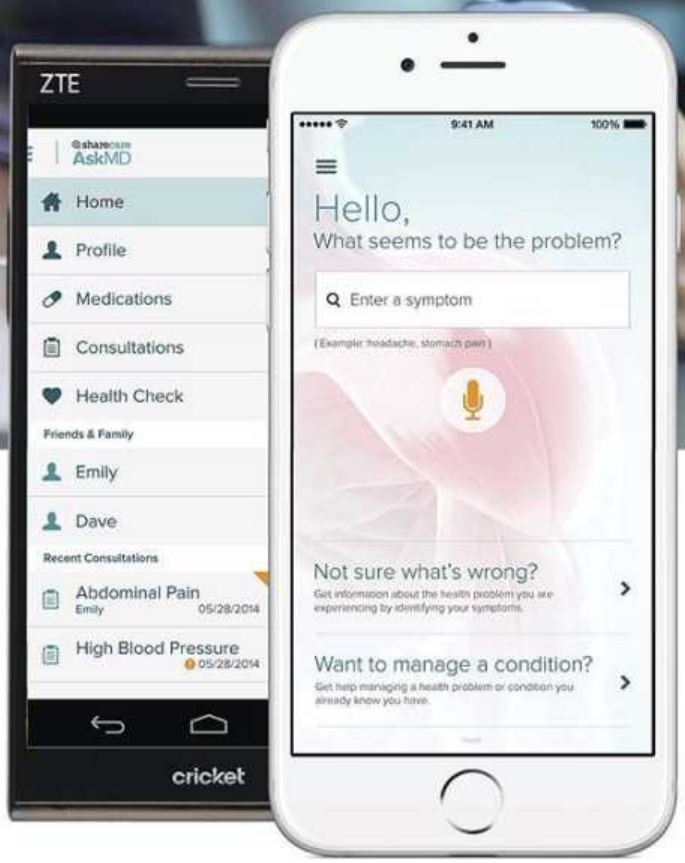
In June, all 12 Running Club members completed a 5K—a goal that every one of them had proclaimed impossible when the club started in March. Alice, a longtime recreational runner, was also a newbie at competing. "I love that we all got to experience that first race together," she says. "They were all very, very sweaty, and very beautiful, crossing the finish line." ■



DR. OZ SAYS...
Living the good life is fundamentally about finding connection, and HealthCorps helps students and mentors do just that. Anytime you volunteer, you get back from others just as much energy as you put in."

J.R. MANKOFF. DR. OZ ILLUSTRATION BY LUKE WILSON

Have a smarter chat with your doctor. AskMD.



sharecare AskMD

AskMD is more than just a symptom checker. This award-winning app helps you find out what's possibly causing your symptoms and prepares you to have a better doctor visit.

With AskMD, you can create multiple profiles to manage your entire family's health, find a local doctor, and ultimately get healthier - right on your mobile device or on Sharecare.com.

Get better care. AskMD®

Find out more at www.sharecare.com/askmd

Download on the App Store

ANDROID APP ON Google play

© 2015 Sharecare, Inc.



Eucerin presents

SKIN SCIENCE MADE SIMPLE

LISTENING TO OUR SKIN'S NEEDS IS KEY TO MAINTAINING PROPER MOISTURIZATION.

Dermatologist **Dr. Flor Mayoral** believes in "empowering people with the tools to manage their skincare." Here, her simple checklist will help you identify most common skin concerns and find the clinically proven formula to help.

"Being able to identify different skin needs, AND the right products to address them, is one of the easiest ways to achieve healthy looking skin."

–DR. FLOR MAYORAL, MD

Diagnostic Checklist

Check all that apply:

- ☐ 1. Itchy Skin
- ☐ 2. Sensitive Skin
- ☐ 3. Dry, Flaky Skin
- ☐ 4. Irritated Red Patches
- ☐ 5. Eczema Flare-ups

If you checked the following boxes on the previous page, you'll welcome these skincare suggestions:



☑ 1. ITCHY SKIN

Cold weather, low humidity, excessive bathing and strong soaps can leave skin irritated.

To comfort skin that's dry and itchy, try **Eucerin Skin Calming Creme**. The natural oatmeal and emollient-rich formula soothes skin and provides 24-hour moisturization.



☑ 2. SENSITIVE SKIN

When you have sensitive skin, it can be unpredictable and challenging to identify the cause.

Deep and gentle moisturizing creams are perfect for the driest and most sensitive skin. **Eucerin Original Healing Creme** protects skin from moisture loss. This formula relieves dry skin associated with psoriasis and won't clog pores.



☑ 3. DRY, FLAKY SKIN

Chemicals, weather, sunlight, and detergents can all leave skin rough and flaky.

Use a lotion like **Eucerin Intensive Repair**, which doesn't just moisturize skin, but repairs it with a unique triple-action formula that gently exfoliates, hydrates for 24 hours, and fortifies skin, leaving it looking healthy and radiant.



☑ 4. IRRITATED RED PATCHES

While the exact cause is unknown, when you suffer from eczema, it's hard to imagine a day without scratching.

Eucerin Eczema Relief Body Creme's unique steroid-free formula is clinically proven to fortify dry, itchy, eczema-prone skin. With daily use, **4 out of 5 children** remained flare-up free for up to **6 months**.

☑ 5. ECZEMA FLARE-UPS

For sudden eczema outbreaks, try **Eczema Relief Flare-Up Treatment**, which instantly calms, soothes, and relieves minor skin irritation and itching due to eczema flare-ups.

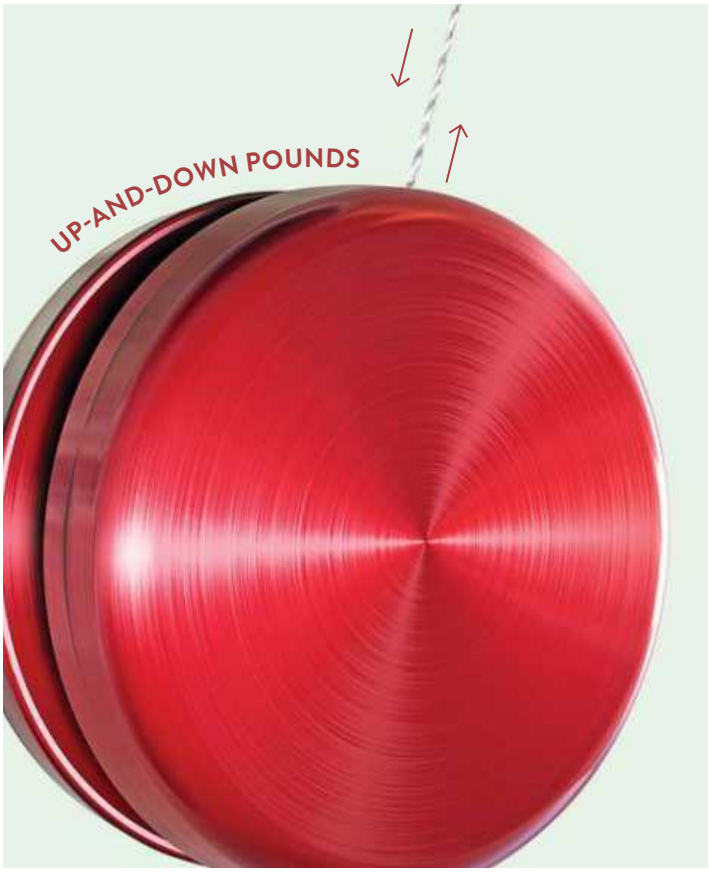
Eucerin®

SKIN SCIENCE THAT SHOWS

WHAT HAPPENS WHEN...

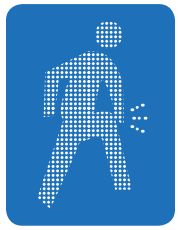
...You don't wipe after you pee

We've all used the ol' drip-dry tactic on occasion. (Hiya, campers and concert-goers!) No big deal—just don't do it often. Aside from the icky feeling, staying damp down there can up your odds of a yeast infection or other irritations (itching, burning), since fungi and bacteria love moist environments, says Leah Millheiser, M.D., a clinical assistant professor of obstetrics and gynecology at Stanford's School of Medicine. Air-drying is your best bet—at least until you can get to some TP.



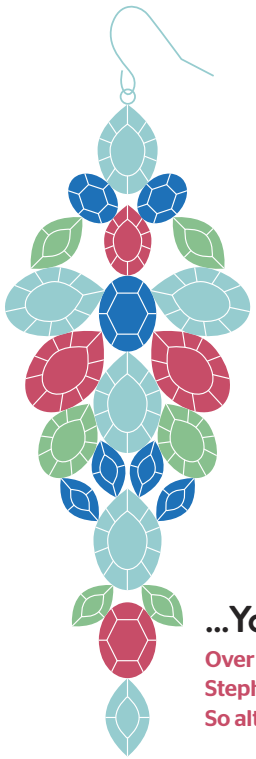
...You yo-yo diet

As many as two-thirds of dieters regain weight after losing it, says research from UCLA. Though frustratingly common, this scenario probably takes a bigger toll on your confidence than your body; some studies have found an association between weight cycling and conditions such as heart disease, but no cause-and-effect connection has been made. "My biggest concern is the emotional trauma of regaining," says registered dietitian Linda Bunyard, R.D., of the Johns Hopkins Weight Management Center. "I would rather see patients lose fewer pounds if they can do it sustainably." Pros agree that making permanent changes for a healthy lifestyle beats short-term dieting. Also key: getting support during your weight-loss journey, whether from a nutritionist or a friend.



...You "tweak" your knee

One minute you're walking fine, and the next—zing—there's a sharp pain in your knee. You may have moved in a way that irritated the cartilage between your knee bones, says Jordan Metzl, M.D., a sports medicine doctor at New York's Hospital for Special Surgery. Other times, the pain can mean something worse, like a ligament tear. If you heard a pop, feel unstable, or swell up immediately, get to a doc stat. If not, try to walk it off, apply some ice, and wrap the area if it's sore. The inflammation may cool off on its own. If it's still throbbing after a few days, see an M.D. to make sure nothing else is going on.



...You wear heavy earrings every day

Over time, skin loses elasticity, and hefty ear candy can stretch pierced holes or even split your lobe, says Stephen S. Park, M.D., president of the American Academy of Facial Plastic and Reconstructive Surgery. So alternate big danglies with lighter studs, or go bare half the time.

GETTY IMAGES. ILLUSTRATIONS BY GIULIANA GALANT



GET YOUR FLU SHOT[1] TODAY AT RITE AID



because 63% of your friends didn't.[2]

No appointment necessary. Free with most insurance.[3]
High Dose Vaccines available for seniors.
Free Cold & Flu Protection Plan.[4]

1 Vaccines available while supplies last. Age restrictions may apply in some states. See pharmacist for details.2 Source: http://www.cdc.gov/flu/fluvaxview/coverage-1314estimates.htm#age-group-adults 3 See pharmacist for details. 4 To get complete plan, a wellness+ or Plenti card must be scanned with the purchase of a flu shot. Or see pharmacist for how to sign up without a flu shot purchase.

RITE AID® PHARMACY

Om *for the Holidays*

If you're like most people, the top two items on your wish list right now are (1) less stress and (2) more energy. No need to wait for the UPS delivery; we'll show you how to give *yourself* those gifts. It's as simple as taking a breath.

BY BETSY STEPHENS

PHOTOGRAPHED BY RAYMOND HOM

You've been breathing your whole life—you'd think you'd be an expert. A quick way to find out: Lie on your back and place your hands on your lower belly. Take three deep breaths. Did your hands rise up or sink down as you inhaled?

If your belly sinks, this is called reverse breathing, which can trigger the sympathetic nervous system to release excess stress hormones (cortisol is one) into the body. But you *can* learn to breathe normally again, with practice. Do this exercise a few times a day: Lie on your back with your hands on your belly. Breathe in through your nose and expand your belly (feel it push against your hands). As you exhale through your nose, feel your belly move away from your hands. Better, right? Get more benefits on the opposite page.

Use this pullout booklet of yoga poses and mind tricks to help work out any kink, crisis, or crappy mood.



STYLING BY ARG... KOUTSOTHANASIS. HAIR AND MAKEUP BY ALLISON BROOKE. PROP STYLING BY CHRISTINA LANE. HARD TAIL T-SHI... AND SPORTS BRA; ATHLETA LEGGINGS

» BREATHE FOR...

More Energy

When you're fighting sluggishness or need to feel alert, inhale through the nose instead of the mouth. And breathing through the *right* nostril stimulates blood and oxygen flow to the left side of the brain, which can awaken the brain's verbal and critical-thinking centers, says Fiona Gupta, M.D., a neurologist at the Movement Disorders Center of Hackensack University Medical Center. Doing it for just a minute or two can give you the shot of energy you need.

» TRY IT

Sit in a chair. With the left hand, place a finger or thumb gently on your left nostril. Close your eyes; breathe through your right nostril. Inhale as you count to 5, then exhale as you count to 5. When you inhale, focus on drawing the breath first into your chest, then into your lower rib area, and finally into your lower belly. Reverse this pattern as you exhale.

» BREATHE FOR...

More Calm

Breathing through your left nostril can slow your heart rate and lower your blood pressure. Repeat the instructions for "More Energy" breathing, but do it on the opposite side (close your *right* nostril; breathe through your *left*). You can also try a different method called alternate-nostril breathing, described below. It requires a bit more coordination but pays off in serenity.

» TRY IT

Sit tall, close your left nostril with a finger or thumb, and inhale once slowly through the right one. Then open the left nostril, close the right, and exhale through the left. Inhale through the left, close that nostril, and exhale through the right. Continue to alternate for at least five rounds.



The great thing about breathing is that you don't have to be in a meditation cave to do it. You can reap the benefits of inhaling and exhaling anywhere—during a holiday snafu, a stressful time at work, or any life-didn't-go-as-planned moment.



What will you do now that you don't?

RITE AID IS HERE TO HELP YOU TRY TO QUIT SMOKING *FOR GOOD.*

Our pharmacists are specially trained in smoking cessation. See your Rite Aid pharmacist today to get your personalized goal and quit plan.

QUIT FOR YOU
RITE AID

Visit Riteaid.com/Quit to learn more about Rite Aid support tools and savings on your quit attempt.*

*Points accrued and maximum product savings are based on calendar year. $50 value delivered in $10 coupons on your register receipt following each of five consecutive nicotine replacement products qualifying non-prescription product purchases. Coupons become valid one week after purchase and then will be good for two weeks.

DR. OZ THE GOOD LIFE

Handbook

Yoga Rescues | DECEMBER 2015



9 FAST WAYS TO HOLIDAY ENERGY & SERENITY

BY BETSY STEPHENS



GET YOUR FLU SHOT[1] TODAY AT RITE AID



because 1 in 4 of your co-workers come in to work sick.[2]

No appointment necessary. Free with most insurance.[3]
High Dose Vaccines available for seniors.
Free Cold & Flu Protection Plan.[4]

RITE AID® PHARMACY

1 Vaccines available while supplies last. Age restrictions may apply in some states. See pharmacist for details.
2 Source: http://www.nsf.org/consumer-resources/studies-articles/surveys/workplace-flu-survey
3 See pharmacist for details. 4 To get complete plan, a wellness+ or Plenti card must be scanned with the purchase of a flu shot. Or see pharmacist for how to sign up without a flu shot purchase.

You schlep, shovel, and shoulder all the season's stressors—no wonder you feel as if Santa's reindeer ran you over. Try these (totally beginner) yoga moves, and say "aah."



1

» THE RX FOR...

Tense Shoulders

If you could deck the halls with your endless to-do list, your body is probably wound extra tight. Your fix: gentle movements that help the neck and shoulder muscles decompress.

» TRY IT

Start by exhaling and dropping your chin toward your chest. Inhale and roll your right ear to your right shoulder, as shown; repeat to the left. Do 5 reps on each side. Next, inhale deeply as you draw your shoulders up to your ears as much as possible, then exhale and quickly drop your shoulders down.

» THE RX FOR...

An Achy, Breaky Back

As you twist to one side, the muscles on the other side of your back release, says Ricardo Colberg, M.D., of Andrews Sports Medicine and Orthopaedic Center in Birmingham, AL.

» TRY IT

Lie on your back with your arms extended out to your sides; bring your right knee across your body and let it drop toward the floor, as shown. Turn your head to the right. Breathe, and relax for a minute. Switch sides.





» THE RX FOR...

A Rotten Mood

Not feeling so merry? Do a mini back bend. It helps stimulate the vagus nerve at the base of the brain; that can trigger the release of feel-good hormones, says Fiona Gupta, M.D., a neurologist at Hackensack University Medical Center.

» TRY IT

Start from a kneeling position (you can use a folded towel under your knees for cushioning). Then put your hands on your backside, as if inside a pair of imaginary jeans pockets, with fingers pointing toward the floor. Exhale and begin to lean back slightly. Stretch your chest toward the ceiling, using your hands to help stabilize your back as you keep your belly tight.

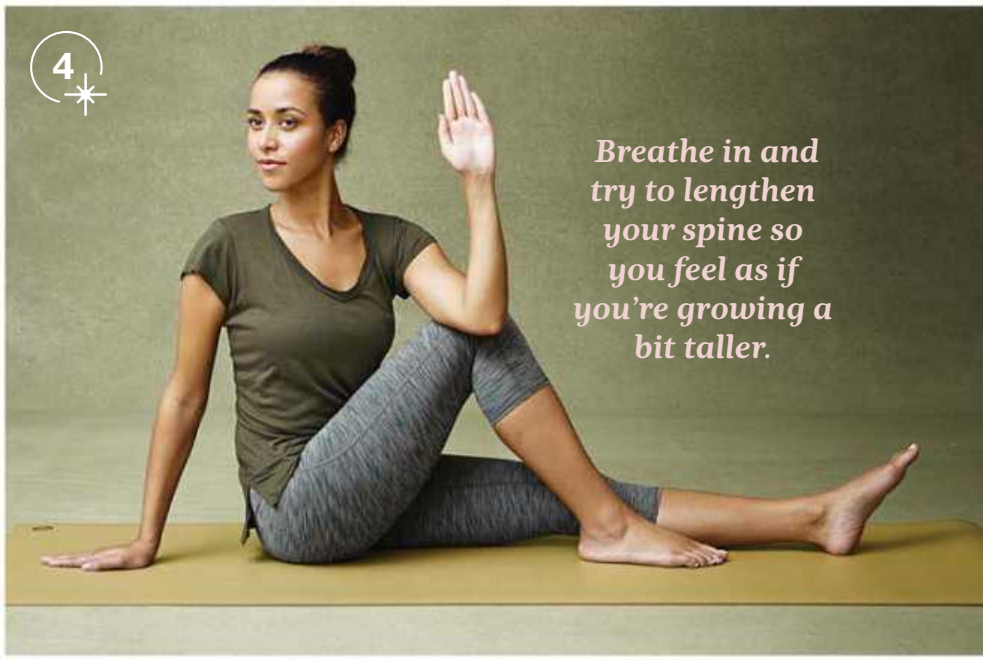
» THE RX FOR...

Had a Little Too Much Fun

There's no proven hangover cure, but twists are thought to stimulate the liver and kidneys, which help rid the body of toxins, explains Sara Gottfried, M.D., a teacher at the University of California.

» TRY IT

Sit with your legs extended. Bend your right knee and place your right palm on the floor behind you, as shown. Reach your left fingertips toward the ceiling and turn toward the right, looking over your shoulder. Next, bend your left arm and hook your elbow on the outside of your right knee. Take 10 breaths; switch sides.





IF YOU'RE EXTRA TIGHT IN THE HIPS, *skip this position and try Child's Pose: From hands and knees, spread knees wide apart, bring big toes together, and sit on heels. Bend forward, rest head on the floor; relax.*

5

» THE RX FOR...

Too Stressed to Sleep

A forward bend can have calming effects—you literally close the world out and focus in on yourself, as if you were entering a cocoon, says physical therapist Joanne Cesiro, a clinical assistant professor at Stony Brook University. Do this "resting" Pigeon Pose before bed.

» TRY IT

Begin on your hands and knees. Bring your right leg forward and place your right knee on the floor in front of you, as shown. Slide left leg back, then lower forehead toward the floor. Hold for 10 breaths; switch sides.

6

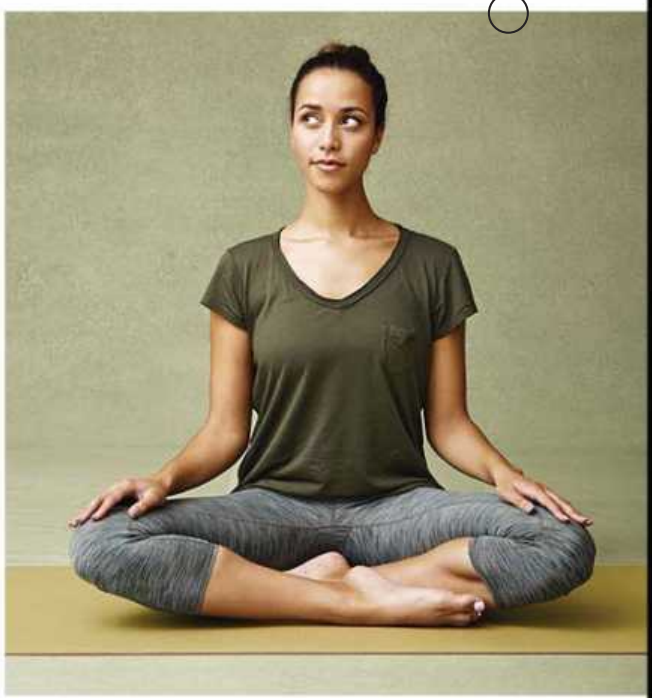
» THE RX FOR...

Tired Eyes

Eyestrain happens when you spend a lot of time looking at something up close; you lock your eyes into habitual patterns. Online shopping and tick-ing deadlines *can* bring it on. Even your eye muscles could use yoga!

» TRY IT

Without moving your head, gaze straight up toward the ceiling. Slowly circle your eyes in a clockwise direc-tion, making as large a circle as possible. Repeat 3 times, then close your eyes and relax for 3 breaths. Repeat, rolling your eyes in the opposite direction.





7

» THE RX FOR...

Belly Bloat

When you're feeling that second helping of stuffing and you never want to see another sugar cookie, you'll be glad to get into a position that helps relax and stretch the intestines. If squatting feels too hard, do the easier variation.

» TRY IT

Stand with your feet shoulder distance apart, and keep your toes and heels grounded as you exhale; bend your knees, and slowly lower into a squat position. Bring your palms together and rest your arms against your inner knees, as shown, then relax your shoulders. You can also sit on firm pillows or books for support. Hold for 10 breaths.

HATE SQUATS? TRY THIS INSTEAD *Lie on your back with legs extended. Hug your right knee in, interlacing fingers behind your thigh. Inhale and exhale for 10 to 15 breaths. Switch sides.*

8

» THE RX FOR...

An Energy Slump

If you're spreading yourself thinner than a snowflake, plug into this power source. Chair Pose flexes the major muscle groups in your legs and core; activating them can release feel-good endorphins.

» TRY IT

Stand with your feet together, and bend your knees deeply as if sitting in a chair. Reach your fingers toward the ceiling, squeeze your arms by your ears, and take up to 10 deep breaths. Hold the pose longer if you can.



RAYMOND HOM. STYLING BY ARGY KOUTSOTHANASIS. HAIR AND MAKEUP BY ALLISON BROOKE. PROP STYLING BY CHRISTINA LANE. HARD TAIL T-SHIRT AND SPORTS BRA; ATHLETA LEGGINGS



» THE RX FOR...

SAD (Seasonal Angry-Woman Disorder)

Your breath is your friend in hard-to-handle moments. When you need superhuman strength to face an overstuffed day, one of the best things you can do is sit still for a minute or two. Bonus relaxation points if you do this with the lights dim, sitting on a cushion.

» TRY IT

Place the palms of your hands together and bring your thumbs to the center of your chest. Then, just breathe: Inhale and exhale slowly, and think of what you're grateful for and what's working—not what isn't—in your life.

OUR YOGA EXPERTS » Christine Chen, author of *Happy-Go-Yoga*; Kathryn Budig, an instructor at YogaGlo.com; David Vendetti, owner of South Boston Yoga; Larissa Hall Carlson, a director at Kripalu Center for Yoga & Health in Stockbridge, MA; Christina Helms, a registered yoga instructor in New Jersey, Alanna Zabel instructor in the DVD *Element: Beginner Level Yoga*; Perry Meltzer, Psy.D., a psychologist at Manhattan Mind Health & Wellness in New York

Note *Always ask a health care professional about your specific medical needs before beginning an exercise program.*



NOVARTIS
PHARMACEUTICALS

Novartis Pharmaceuticals Corporation
East Hanover, New Jersey 07936-1080

©2015 Novartis

9/15 HFS-1321575

Your Healthy Heart Playbook

BY SHARON LIAO
PHOTOGRAPHED BY BRUCE PETERSON
ILLUSTRATIONS BY LUCY ENGLEMAN

8
BEATS A MINUTE
How much faster a woman's heartbeat is than a man's

ONLY 18%
of adults in America meet 5 or more key criteria for ideal cardiovascular health.

Research has found evidence of plaque buildup in the arteries of people as young as 18.



Women's coronary arteries are like capellini pasta as opposed to the linguine shape and firmness of men's.

TAKE CARE OF YOUR TICKER

Someone in the U.S. dies from heart disease about once every **90 SECONDS**

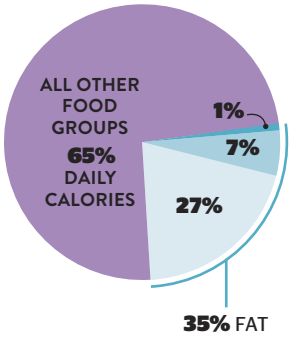
That fist-size wonder that keeps your body working 24/7, speeds up when you see someone you love, and beats hard when you watch a scary movie or do jumping jacks? It deserves basic maintenance. Too often we don't provide that, which explains why heart disease is the number one killer of women. But here's the hopeful side: "Your lifestyle makes up about half of your heart disease risk," says Nieca Goldberg, M.D., medical director for NYU Langone Medical Center's Joan H. Tisch Center for Women's Health. Adds Dr. Oz, "You have a huge opportunity to affect how your heart performs for you—you can make it stronger and younger by the way you eat, exercise, and respond to life." Don't worry about where to start. Just pick and choose from the pointers on these picture-book-simple pages. Eventually, you'll be doing them all and feeling better than ever.

Go Ahead, Eat (the Right) Fat

Yes, fat really is on a good-for-your-heart menu. People who don't get enough tend to go overboard on carbs and sugary foods, and your heart doesn't like that at all (see page 38). Experts say that the rich, flavor-revving stuff can make up between 25% and 35% of your day's calories. Just skew toward *healthier* fats. See the pie chart below left to balance the different types correctly.

HOW MUCH FAT IN A DAY?

If the whole circle represents your day's calories, then this is how much you can eat of the various types of fat.

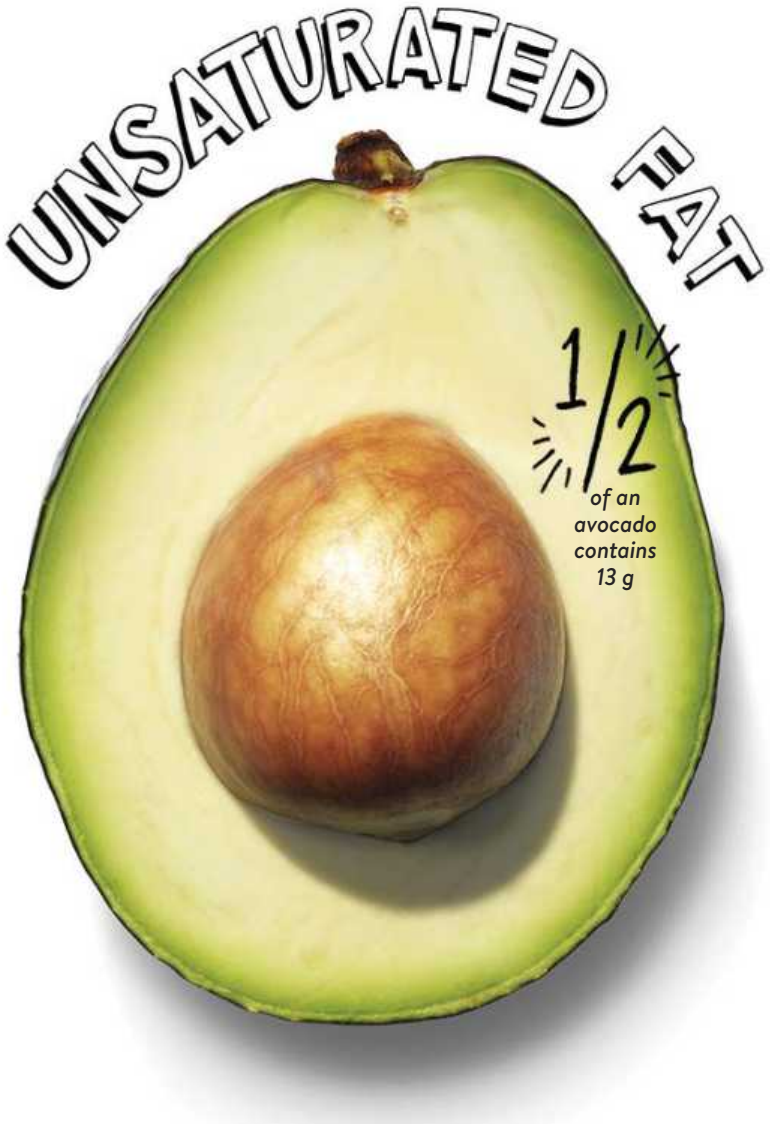


- UNSATURATED FAT
- SATURATED FAT
- TRANS FAT

Up to 35% can be fat, but at least 27% should be heart-healthy unsaturated. (Even more would be better!)

7% saturated fat (max). Yes, the type found in butter and steak is OK in moderation; keep it to this percentage of your day's calories.

Up to 1% trans fat. Ideally, get it to zero.



Eating unsaturated, "healthy" fat—that's the type found in avocados, fatty fish, and the other foods at right—in reasonable amounts may reduce your risk of heart disease as much as 42%. Why? These fats help lower bad LDL cholesterol. (For people who prefer to think in grams instead of percentages, here's the deal: If you eat 2,000 calories daily and make *all* your fats unsaturated, you can have up to 78 grams of them a day.)

FIND IT HERE

The foods below, as well as nuts and various vegetable oils, contain mostly unsaturated fats. While fried food is often made with veggie oils, it's high in calories, which may be why people who ate it more than four times a week had a higher heart disease risk.



OLIVE OIL
11
g per Tbsp



PEANUT BUTTER
6
g per Tbsp



FARMED ATLANTIC SALMON
7
g per 3 oz

PROP STYLING BY TERRY MAHN. FOOD STYLING BY DAN CELLUCCI



TRANS FAT

This stuff increases heart attack risk by doing exactly the wrong thing to cholesterol: It sends the bad kind up and the good kind down. Processed foods can contain up to .5 grams of this fat and still claim "zero trans fat!" on the label, so scan the ingredients lists for the red flag words "partially hydrogenated." As little as 2.2 grams puts you over the limit.

AVOID IT HERE



FROZEN PIES

.83

g per serving



READY-TO-EAT FROSTING

.75

g per serving



CREAM-FILLED COOKIES

.5

g or less each (But how often do we eat only one?)

SURPRISE! Ounce for ounce, steak contains less saturated fat than cheese does.



Saturated Fat

FIND IT HERE

Saturated fat is in red meat, egg yolks, full-fat dairy, palm oil, and these:

BUTTER

7

g per Tbsp

BACON

2.8

g per 2 strips



CHEDDAR CHEESE

5

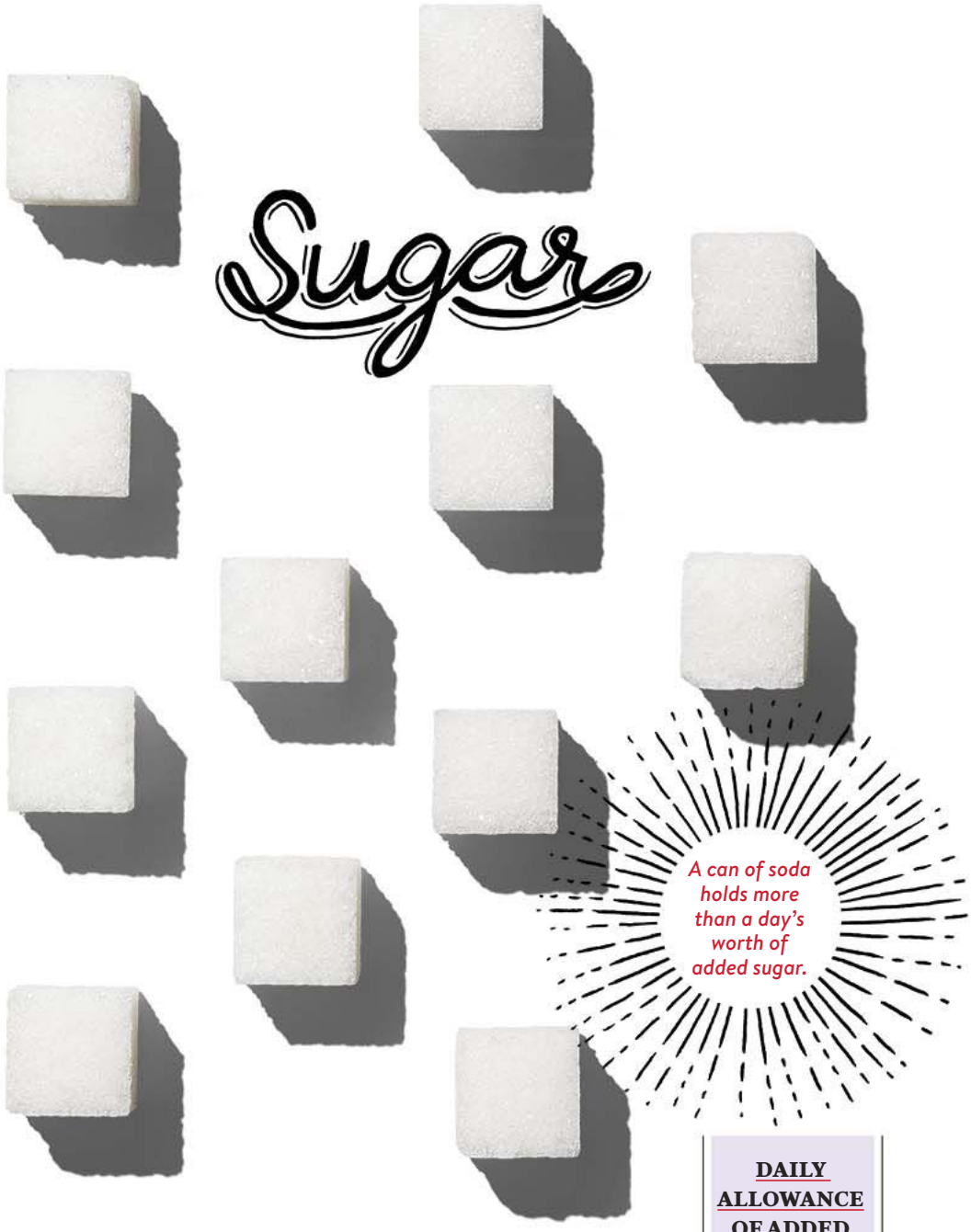
g per oz

Wait—butter, steak, and cheese are allowed? Yes, your heart doesn't mind if you get up to 7% of calories from saturated fat. This fat isn't entirely off the hook—it's still believed to raise LDL cholesterol and damage arteries, so eat it sparingly, says Sharonne N. Hayes, M.D., founder of the Women's Heart Clinic at the Mayo Clinic in Rochester, MN. In a 2,000-calorie-a-day diet, your sat-fat max is 16 grams. This T-bone: 7 grams per 3 ounces. >

THE 411 ON Cholesterol

Two main types of cholesterol circulate in your blood: LDL is the bad kind (think L as in lousy) because it collects on blood vessel walls and builds hard deposits that can clog blood flow or break off and block vessels, causing heart attacks or strokes. HDL is the good kind (healthy) because it sweeps away LDL cholesterol from the arteries.

Sugar



Not-So-Sweet Surprises

It's in dessert—and so many other foods. See where the sugar in your diet really comes from.

SODA
40 g sugar in 12 oz
(20 sugar cubes)

fruit Yogurt
32 g sugar in 6 oz
(16 sugar cubes)

BARBECUE SAUCE
14 g sugar in 2 Tbsp
(7 sugar cubes)

reduced-fat french dressing
5 g sugar in 2 Tbsp
(2½ sugar cubes)

KETCHUP
4 g sugar in 1 Tbsp
(2 sugar cubes)



DR. OZ SAYS...
I often see arteries filled with creamy paste and crunchy plaque from many years of "cheats." But the beautiful reality is that arteries can remodel themselves if you treat them right.

It's sweet on your tongue but rough on your body. A *JAMA Internal Medicine* study found that people who got about 25% of their calories from added sugar—the kind that's poured into drinks and processed foods—were nearly three times more likely to develop heart disease than those who kept it to less than 10% of their calories. Even the amount in one daily can of a sugary beverage is enough to raise the risk of heart attack by 20%. Sugar damages your arteries and organs, lowers your good HDL cholesterol, and can pack on the pounds—which raises heart disease risk even more, explains Goldberg.

HOW MUCH TO EAT The American Heart Association recommends that you cut it down to 5% of your daily calories. This means women on a 2,000-calorie-a-day plan should aim for less than 100 calories, or 25 grams, of added sugar a day. The sweet stuff often hides in foods that aren't dessert—check the list at left to find how much is tucked into seemingly unlikely places.

DAILY ALLOWANCE OF ADDED SUGAR

12 CUBES

THAT'S

25 GRAMS

OR

100 CALORIES

DR. OZ ILLUSTRATION BY LUKE WILSON

EXERCISE



Don't Forget to Stretch! *Having flexible muscles may make blood vessels more elastic, which helps increase blood flow to the heart. After your workout, take five to 10 minutes to stretch out.*

WHAT TO AIM FOR

The harder you work, the less you need to do.

MODERATE EXERCISE

150

minutes per week

OR

VIGOROUS EXERCISE

75

minutes per week

BEST EXERCISE RX The ideal fitness routine is at least three workouts a week: one each of interval and strength training, and one of your choice, says exercise researcher Martin Gibala, Ph.D., at McMaster University in Hamilton, Ontario. Interval training—short bouts of effort followed by recovery periods—forces your heart to work harder and pump more blood with each beat, says Gibala. Science has seen people get just as fit with these hard bursts as with longer, steady-pace sessions. To do them, simply switch between speeding up for a minute and backing off for a minute. Building muscle strength is important too—it can lower blood pressure and help stave off weight gain.

ALSO GOOD Brisk walking or another moderate-intensity exercise, like the options at right. Get 150 minutes a week, says James H. O'Keefe, M.D., of the University of Missouri–Kansas City.

STILL HELPFUL A short, brisk walk. Even 10 minutes can help your ticker. But 10 minutes, three times a day is even better. >

WHAT'S MODERATE EXERCISE?



TENNIS *playing doubles*



BIKING *5 to 9 miles per hour*



SWIMMING *at a light rate*



JOGGING *15 minutes per mile*

Let's Talk About Stress

If your heart were in charge, it would ask you to nix stress altogether. Since that's not going to happen, aim to get better at dealing with tension. "Your reaction, not the situation, controls your body's stress response," says Donald Edmondson, Ph.D., of Columbia University's Center for Behavioral Cardiovascular Health. Cursing out traffic—instead of taking it in stride—hurts your heart by making it beat faster and by triggering the release of inflammatory hormones such as cortisol. So what to do when you're white-knuckling life? We asked our heart docs to offer their best *personal* tips:

"No matter how busy my day, I make exercise a priority. After work, my husband and I will watch an episode from a favorite TV show while on the elliptical machines before dinner. It's like a date night!" *—Sharonne N. Hayes, M.D.*

"I keep a gratitude journal. Taking time to acknowledge what you're thankful for keeps everything in perspective." *—James H. O'Keefe, M.D.*

"Stress is often caused by worrying about something in the future. Practicing mindfulness, even with something as simple as appreciating the breeze on my face, helps me stay in the moment." *—Donald Edmondson, Ph.D.*



It's not just about clocking hours in bed. When it comes to sleep, quality matters as much as quantity, says David Rapoport, M.D., director of the Sleep Medicine Program at NYU Langone Medical Center. If you get seven to nine hours per night but don't wake up feeling rested, you're probably not sleeping as deeply as you should. Sometimes it's easy to finger the culprit—prowling cat, dinging cell phone, squawking TV you fell asleep to, perhaps? Then you can make the appropriate changes. (Put that TV on a timer.) But if your best attempts make little difference, see your doctor to rule out an underlying condition, such as sleep apnea, which can drive up heart disease risk. ■

Say Cheers

Raise a glass—and it doesn't have to be red wine. People who sipped *any* kind of alcohol saw these benefits:





REDUCE YOUR RISK OF HEART ATTACK BY

32%

"The advice is up to one serving a day for women," says Goldberg. The exception: If you're at higher risk for breast cancer, speak with your doctor about how much alcohol is OK, since smaller amounts can raise your risk of this disease.

vitafusion™



KEEP the BEAT
to your healthy and active life

Plant Sterols to support:

- ✓ A Healthy Heart*
- ✓ Healthy Cholesterol◆*

#1 Adult GUMMY vitamin brand fuses health, enjoyment & delicious natural fruit flavors.†

†Data on file
◆For cholesterol already within normal limits.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

We make Nutrition Taste Good.™

VITAFUSION.COM

©Church & Dwight Co., Inc. 2015. All rights reserved. VITAFUSION and WE MAKE NUTRITION TASTE GOOD. are trademarks of Church & Dwight Co., Inc.

WE'VE KNOWN FOR YEARS THAT IT'S DANGEROUS TO USE OUR PHONES WHILE WE'RE BEHIND THE WHEEL. SO WHY IS THE PROBLEM ONLY GETTING WORSE? *THE GOOD LIFE* EXAMINES WHY WE CAN'T RESIST THE LURE OF THE "PING"—AND HOW TO QUIT PLAYING ROAD ROULETTE.

PHONES, CARS,



Ask yourself: How important is that message really?

Ashley Zumbrunnen left the house without saying goodbye to her husband, Roy, on a Saturday morning in February 2010. She was on her way to her job as the front desk clerk at a hotel near her home in Idaho, and though she'd kissed her 4-year-old daughter on her way out the door, she'd barely glanced at Roy. They'd been fighting.

The 31-year-old didn't think much of it until she was on the highway, her mind racing as fast as the 65 mph on her odometer. At six weeks pregnant, Zumbrunnen knew she and Roy needed to work on their "stuff." She was convinced the new baby would draw them closer together again. She rooted around in



BY MEGHAN RABBITT

PHOTOGRAPHED BY JAMIE CHUNG

DEADLY MISTAKES

her purse on the passenger's seat and pulled out her cellphone.

"*I love you...*"

Before she could finish texting "*...and have a good day...*" Zumbrunnen looked up and saw that she'd swerved into oncoming traffic. She pulled the wheel the other way, but too hard. Her car hit a ditch and flipped over.

"I remember it all. It felt as if I was on a carnival ride," says Zumbrunnen. "I could feel warm blood streaming down my neck. I tried to move my arm to touch it and couldn't. My legs wouldn't move either. People were huddled above me, yelling, 'Are you OK?' All I could say was, 'I'm paralyzed.'"

A simple text, just three little words, much like the ones we send each day to our own husbands and girlfriends and kids, too often when we're behind the wheel. Those words were all it took for Zumbrunnen to crash her car, break her neck, and miscarry her baby. Five years later, partially paralyzed, she is still adjusting to her changed life.

Distracted driving is a well-reported problem, and everyone knows it's a big no-no when it comes to staying safe on the road. This is not news. But the people taking the risk might surprise you. Using the phone while driving used to be seen mainly as a teen-driver issue, and it remains a grave problem

among that demographic, for sure: Distracted driving factored into 58% of car crashes involving teen drivers, says a recent report from the AAA Foundation for Traffic Safety. But now surveys are showing that all of us are culprits, says Heather Bern, director of AT&T's important "It Can Wait" campaign—the one that recently launched a heart-stopping commercial in which a mom checks a post on her phone while driving with her child and crashes. The new research, says Bern, showed that adults viewed distracted driving as less of a risk now than they did even a few years ago—"and that's why we targeted all drivers this year, whereas we used to go after teens."

Our decreased sense of danger, along with an urge to stay connected all the time, is almost certainly contributing to the record number of accidents caused by distracted driving. According to the National Highway Traffic Safety Administration, at any given moment across America approximately 660,000 drivers are using cellphones or manipulating electronic devices while behind the wheel. In 2013, distracted driving led to more than 3,000 deaths and 424,000 injuries in car crashes.

Sarah Selby, an emergency physician at New York–Presbyterian/Queens hospital in New York, says she's definitely seen an uptick in the number of patients she treats who've been brought in—broken, bruised, even fatally injured—after accidents in which the driver was distracted. But a tragedy close to home had a particular impact: "Recently, one of our own doctors was hit and killed when crossing the street right in front of the hospital. The driver was on his phone," she says. "It was so sad, and such an eye-opener about what can happen. This is absolutely a growing problem—and one that's prompted me to stop texting while driving."

It only takes a moment for your life to spin out of control and into tragedy; these pages show the unexpected reasons why we put ourselves at risk, and how to (please, all of us) stop.



So far, New York has the only statewide program of posted text stops.

2,300%

Your increase in crash risk when texting while driving

600%

Your increase in crash risk when making a cellphone call

400%

Your increase in crash risk when driving drunk

SO MANY WAYS TO NOT PAY ATTENTION

Distractions are multiplying everywhere around us, says David Strayer, Ph.D., a cognitive neuroscientist who studies the issue at the University of Utah's Applied Cognition Lab.

"Our cars are starting to look like spaceships," he says. An apt description, considering the new "infotainment" flatscreen controls, as well as upcoming technologies that project data streamed from your smartphone onto the windshield—including, almost unbelievably, holograms of your friends when they message you. Then there's the fact that most of us use apps on our phones for GPS and to get real-time traffic updates. Says Strayer, "Just about anything you can do on your computer you can now do while you're driving—

PROP STYLING BY ALMA MELENDEZ

whether you have a fancy, high-tech car or a simple smartphone in your pocket—and we're seeing crazy behavior as a result."

Even crazier, he adds, is that while we know it's dangerous business, we can't seem to quit. "People judge other drivers who are texting or talking and driving erratically as a result, but they still do it themselves," he says.

Why is it that we'll roll our eyes at the woman in the car next to us who's balancing her cellphone above the steering wheel, but we can't resist the urge to check our own phones when we're driving and hear that telltale "ping"?

BLAME THE BRAIN

When you look at your smartphone, you see a helpful little device that makes life simpler. But Paul Atchley, Ph.D., a psychologist and associate dean at the University of Kansas who studies distracted driving, says it's more like a drug delivery system—similar to a morphine pump with a button you can press anytime you need a "hit" of pain relief. Except instead of numbing our pain, the phone calls, emails, text messages, social media alerts, and instant-gratification Internet searches give us hits of dopamine, a feel-good neurotransmitter that lights up the reward center in the brain and makes us crave more. (For Atchley's explanation of how the mechanism works, see the diagram at right.) "Essentially, our smartphones let us constantly dose ourselves with feel-good chemicals," he says. No wonder we have a tough time ignoring them even when we know we should.

Plus, our phones train us to respond reflexively. "All those triggers that prompt you to pick up your phone at your desk—a vibration, a new message symbol, even just catching sight of your phone—happen when we're in our cars, too," says Stephen O'Connor, Ph.D., a psychology professor at Western Kentucky University who recently coauthored a paper on compulsive cellphone use and car crashes. "Our decision to answer a call or read a text message occurs automatically, before our frontal lobe can logically weigh the risks and benefits."

WE PUT THE TRICKY INTO DRIVING

Even when we drive with no distractions, our brains aren't taking in as much as we think. When signals hit your eyes' retina for visual processing—say, the speed limit sign, a cyclist on your right, an airplane flying overhead—only about 40% of them are processed by your brain. "This means that more than half of the signals that hit your eyes don't even exist as far as your brain is concerned," says Atchley. (And that's when we think we're paying close attention!) "We believe that as we're driving down the road, we can see everything. But this is what we call the grand illusion. It's why in police reports of car accidents, you read statements like 'The person appeared out of nowhere.' The person was always there; the driver's brain just hadn't processed it."

Now overload your brain by trying to read a text or an email message or have a phone conversation, and it's easy to see how our awareness of what's in front of and around us becomes smaller and smaller. Even talking on the phone hands-free is risky, studies have shown: When you're chatting on your cell, hands-free or not, your reaction time is up to 20% slower and you're 30% to 50% more likely to miss something important—a traffic signal, for example, or a pedestrian—according to Strayer's research. And his latest studies show that using voice-based features, whether to make a call or choose a song, is a powerful distraction (often requiring the same brainpower as doing a tricky math problem)—plus, it can take as long as 27 seconds afterward for our brains to refocus on the task of driving.

The kicker to all this? The better you think you're able to multitask, the more dangerous you are behind the wheel, according to a new study in the journal

Driving Under the Influence—OF TECH

You get behind the wheel and your prefrontal cortex—the brain's decision-making and multitasking center—starts to light up as you take in sights, sounds, and other cues that your brain has to process in order for you to make decisions. As you drive, it begins to sequence what needs to happen:

Light turns green, step on gas, brake lights ahead, step on brake, and so forth.

While you think you're taking it all in, your prefrontal cortex is processing no more than

40%

of what you're seeing.

You hear your phone ring or a text "ping," and you answer it. Immediately, your brain gets a hit of feel-good

DOPAMINE.

It's your best friend—your brain releases more. You read her text and type a reply; you get another hit.

Your prefrontal cortex is now processing about

20%

or less of what you're seeing.

PLOS One. The researchers found that the people who thought they were good at multitasking turned out to be the least capable at it, and, frighteningly, they were also the most likely to use their cellphones frequently when driving. (The study participants who actually *were* good multitaskers were less likely to text while driving.)

Part of the reason we don't think about how difficult and dangerous it is to drive and use our phones: We're hardwired to have an "optimism bias," says O'Connor, which makes us say things like "It won't happen to me." That's what Zumbrunnen used to believe. "I texted while driving all the time—running errands, dropping my daughter off at school, going to and from work. I did it with my daughter in the backseat. I knew texting was risky, but I did it anyway, and I was always fine," she says. "Until I wasn't."

TAKE STEPS TO STOP, ASAP

So how can we outsmart our tempted brains and override our tech impulses when we're driving? Even the experts don't have a definitive answer to this question and acknowledge that our smartphone habits might be among the hardest to break. "Putting an end to this problem has to be a priority, and we need legislation, education, and enforcement to make lasting changes," says Atchley, who had a near miss last year. He was driving home with his wife when he saw a car on a side street coming toward him. "The guy was texting! I gunned the engine into a cross street, and he still hit my rear bumper," he says. "If I hadn't, he would've hit me straight on the driver's side. Because I wasn't on the phone and was paying attention, I avoided what could have been my death. Now when I'm in the car I assume that everyone out there is distracted. I drive like everyone out there could kill me."

Considering the statistics, it's worth the effort to do whatever you can to make our roads safer. Start here:

- **Make the decision not to use your phone *before* you get in the car.** Thanks to all of those physiological urges and surprising cues, Atchley says the only time any of us is equipped to make a good choice about distracted driving is before we start our engines. "It's literally the only point where you have the willpower," he says. So, form a new habit: Leave your phone in your purse and put it out of reach, like on the floor of the back seat, or stash it in your trunk. Consider turning it off, so you don't hear the "ping" and wonder who's trying to reach you. If you need to stay in touch with work or home, pull over every half hour or so to check your phone. A pain? Yes. But smart.
- **Use the car's GPS system, or invest in an old-school unit.** Don't rely on the maps app on your phone—it's just too easy to get distracted by a new message.
- **Try an online texting-while-driving simulator.** With the one created by AT&T's "It Can Wait" campaign, you can get behind a virtual steering wheel and see just how bad your driving is when you try to text. Checking your cellphone for five seconds (the average texting time) at 55 mph is like driving the length of a football field blindfolded. The simulator makes the potential consequences of that kind of lapse terrifyingly real.
- **Block your ability to text and drive.** There are a bunch of great apps that send autoreplies to texts to let the senders know you're driving; they'll also send calls straight to voice mail. Download one, and always turn it on.
- **Make a pact with your "top five."** According to a recent survey by AT&T, we communicate the most with just five contacts. "Those are the people we have the strongest influence over when it comes to changing behaviors," says Bern. In fact, the survey found that eight in 10 people said they would stop distracted driving if one or more of those five contacts asked them to. So ID yourself as someone who doesn't use her phone while driving (just like you'd determinedly call yourself a nonsmoker or someone who would never drink and drive). It can inspire others—and it may reinforce your own behavior as well.
- **Picture the worst-case scenario.** When you feel the urge to take a call or check your messages while you're driving, force yourself to imagine a scary outcome. Atchley suggests thinking about who would miss you if you didn't make it home safely, like your kids, your partner, or even your pet. "Our drive for social connection—to feel like we belong and that we're wanted—is so strong that it can be an effective deterrent," he says.

Consider how drastically Zumbrunnen's life has changed since that simple text. She's a partial quadriplegic—her right side is partially paralyzed—and she needs forearm crutches to walk and a wheelchair to go long distances. "I can't play tag with my daughter or give her piggyback rides," says the now-divorced mom who shares custody with her ex-husband. "I won't be able to dance all night at her wedding. When she has a baby and needs a babysitter, she'll think, *Mom can't fully help me.* If only I'd realized all the ways I wouldn't be able to be there for my daughter, I'd have made a different decision." ■



"I knew texting was risky," says Zumbrunnen, who, post-accident, gets around with crutches and a wheelchair. "But I did it anyway, and I was always fine. Until I wasn't."

COURTESY OF THE SUBJECT



Absorbs faster than Depend* to help you feel comfortably dry.

Get laugh-all-you-want protection, with Always Discreet for sensitive bladders. Because hey, pee happens. For **coupons and your free sample,†** go to **alwaysdiscreet.com.**

QUALITY TESTED · GOOD · HOUSEKEEPING Since ★ 1909 LIMITED WARRANTY · gheal.com for details

So bladder leaks can feel like no big deal. always discreet

*among Maximum Large. Depend is a trademark of Kimberly-Clark Worldwide. †while supplies last.


©2015 P&G
"I'LL NEVER LOOK BACK, I WILL JUST LOOK YOUNGER."
Now with more vitamins than the leading prestige moisturizer.
Try Olay Total Effects 7-in-One, from the world's #1.
In just 4 weeks, skin looks up to 10 years younger.
7 IN ONE
OLAY
TOTAL effects
7 IN ONE
ANTI-AGING MOISTURIZER
WORLD'S #1
FEMALE FACIAL SKINCARE BRAND*
Your best beautiful begins at Olay.com
*Based on mass-market facial moisturizer and cleanser dollar sales for the past 12 months.
OLAY
TOTAL effects
YOUR BEST BEAUTIFUL™

TRUE BEAUTY



1

Smart Brushes Give You an Edge

It's a dentist's mirror... it's a chisel...nope, it's your much-better makeup brush! These out-there applicators may look strange, but their designs will help you play up your features expertly and easily.

OZ NEWS: BEAUTY

5 THINGS WE JUST LEARNED

Turn for 4 More

Highlighter Avoid a powdery-looking face with this fan shape, which dusts a delicate sheen onto cheekbones. **Make Up For Ever Professional Powder Fan Brush 134** *($48, makeupforever.com)*

Shadow The tiny domed brush works eye shadow into your eyes' creases; the curved handle gives you extra control. **Artis Elite Mirror Circle 1R** *($32, artisbrush.com)*

Blush An elongated oval of soft bristles makes swirling blush onto the apples of your cheeks a cinch. **Artis Fluenta Oval 6** *($56, artisbrush.com)*

Foundation Use the top layer to apply any foundation lightly, or press down for more coverage. **Make Up For Ever Professional Blending Powder Brush 122** *($48, makeupforever.com)*

Eyeliner A pointed tip and slanted base help you line exactly—much easier without your hand in the way. **Japonesque 150 Degree Application Pointed Liner Brush** *($13, ulta.com)*

STYLING BY SARAH GUIDO-LAAKSO AT HALLEY RESOURCES

PHOTOGRAPHED BY BURCU AVSAR

2

pro tip

LESS IS MORE FOR SENSITIVE TYPES

For women with easily aggravated skin, a red, itchy rash could come from just one dab of product. "It can be hard to pinpoint what's causing the reaction, so with sensitive skin, the fewer ingredients you put on your face, the better," says Joshua Zeichner, M.D., director of cosmetic and clinical research at the department of dermatology at Mount Sinai Hospital in New York. That's why we love the new crop of moisturizers with 10 ingredients or fewer.

Check out the back of the bottle for the pared-down ingredients list—it helps you pick out any irritating offenders in a flash, so you can slather on without worry.



Try Chanel La Solution 10 de Chanel *($80, chanel.com)*, Weleda Almond Facial Lotion *($24.50, usa.weleda.com)*, or S.W. Basics Cream *($32, target.com)*.



A quick fix for winter skin

3

Your Tootsies Need This Beauty DIY

Pharmacist Fifi Maacaron, author of *Natural Beauty Alchemy*, has the solution for your rough heels:

Cut a large lemon in half and squeeze out the juice.

▼

Place the cut surfaces against each heel. Put on socks to hold them in place.

▼

After 30 minutes, toss the lemons and massage a teaspoon of olive oil into each heel.

▼

The vitamin C in the lemon sloughs away thick skin, and the olive oil softens it.

4

Scientists Think This Cellulite Cream Might Actually Work According to a small study in *Annals of Dermatology*, women saw a decrease in the look of cellulite when using a cream with caffeine and xanthenes. One that has both: Dermadoctor Shrinking Beauty Body Beautiful Lotion *($58, ulta.com)*. That said, keep doing your squats!



5

one product, three ways

A LITTLE GLIMMER TRICK

With just the tiniest amount of microfine glitter, **Beautycounter Lustro Shimmer Oil** *($58, beautycounter.com)* can light up your look while it nourishes your skin and hair. Ideas:

Use It on Your Legs

Skip panty hose. Rub it down your legs for a perfecting sleekness.

OR

Your Face

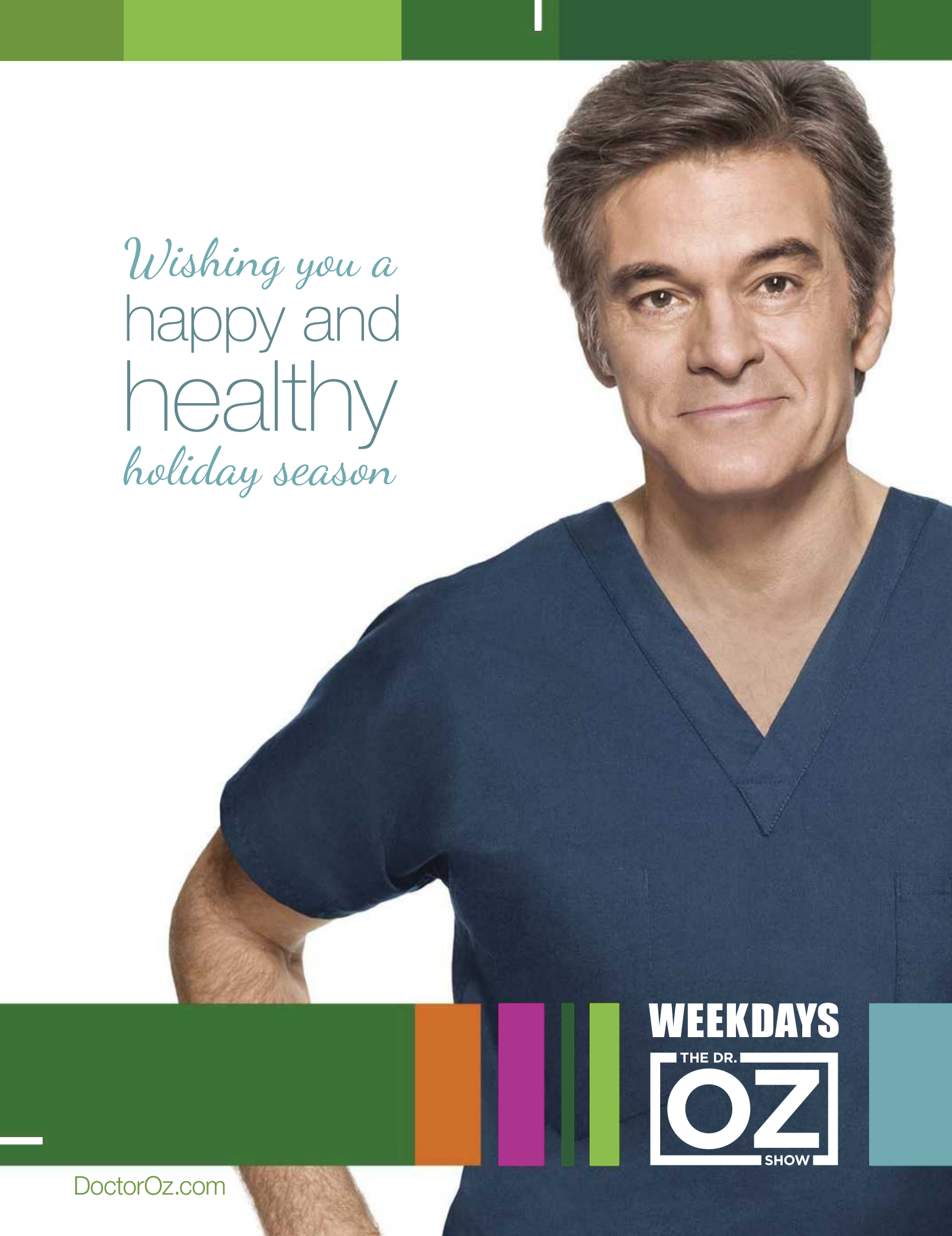
Pat a hint onto your cheekbones for a dewy glow.

OR

Your Hair

Work a few drops through your hair to add softness and shine.

J MUCKLE/STUDIO D. ILLUSTRATION BY THE ELLAPHANT IN THE ROOM


Wishing you a
happy and
healthy
holiday season
WEEKDAYS
THE DR.
OZ
SHOW
DoctorOz.com

The Once-a-Week Secret to Better Skin

It's time to master the mask. The newest ones have top-notch ingredients that can detox, soften, and brighten after just one application. Busy Sunday night? Make a date with one of these.

BY KRISTA BENNETT DEMAIO PHOTOGRAPHED BY BURCU AVSAR



A swipe here and a smear there—masks come in all shapes and textures to freshen up your skin.

Remember the masks from your junior high sleepovers: a face full of pink clay worn while you gossiped and cooed over a young Rob Lowe? Well, they've improved since then (come to think of it, so has Rob Lowe), and you need one in your grown-up beauty routine. "The newer face masks don't just pull bad stuff out of your skin; they put hydrators, wrinkle smoothers, and skin brighteners in it," says Elizabeth Tanzi, M.D., a clinical professor of dermatology at George Washington University Medical Center.

To do all that, they've gone high-tech with everything from special sheets that mold to your face to rich no-rinse creams. "Masks can tackle just about any skin issue," Tanzi says. Check out our chart to find the formulas that fit your face, along with expert application tricks to help them work even harder.



Masks, Unmasked

Five ways the newest ones around can transform your skin, whether you want to...

1

Even out your complexion

HERE'S THE DEAL **Brightening masks** loaded with botanicals help lighten brown spots and smooth splotchiness. The newest versions bubble up on contact, claiming to pump in oxygen molecules and refresh a tired complexion. Our experts aren't so convinced about those bubbles. "They haven't been shown to have much of an effect on the skin," says Tanzi. But you can count on the brighteners below—they get results.

BEST FOR dull, discolored skin.

LOOK FOR lighteners including vitamin C, licorice extract, and kojic acid.

PRO TIP Gently exfoliate your skin first so the actives in your mask will penetrate better.

TRY Peter Thomas Roth Brightening Bubbling Mask *($55, Sephora)*

2

Get luminous skin

HERE'S THE DEAL **"Enzymatic masks** exfoliate by dissolving the sticky bonds that hold dry, dead skin cells together on skin's surface," says Ava Shamban, M.D., an assistant clinical professor of dermatology at David Geffen School of Medicine at UCLA. They're your fast pass to a nice glow.

BEST FOR dull, flaky skin.

LOOK FOR plant extracts from mushrooms or fruits like pineapple, papaya, and pumpkin.

PRO TIP Using a topical retinoid? That might make your skin flaky, but a weekly enzyme mask will whisk any dead skin cells away without irritating.

TRY June Jacobs Perfect Pumpkin Peeling Enzyme Masque *($65, junejacobs.com)*

3

Clean those pores

HERE'S THE DEAL Traditional **clay or mud masks** mop up excess oil and pull out dirt. Updated formulas also contain alpha or beta hydroxy acids for an even deeper pore cleaning, says Tanzi. Bonus: After you remove the gunk, your pores will appear smaller.

BEST FOR oily, acne-prone skin.

LOOK FOR muds and clays (green, red, kaolin, and bentonite) along with glycolic or salicylic acid.

PRO TIP The directions may say to leave it on until dry, but don't wait until the clay is cracking—by then, it could be pulling too much moisture from your skin. Instead, rinse when it's only slightly dry. (It will have started to change color.)

TRY Freeman Feeling Beautiful Sparkling Pear Pore Cleansing Mask *($4, drugstores)*

4

Soften the signs of aging

HERE'S THE DEAL **Sheet masks** are made of cotton or plant fiber drenched with a serumlike formula that hydrates and plumps. You wear it like a hockey mask (OK, you might feel a bit like a horror movie extra) for 10 to 15 minutes. "They are single-use packets, so there are fewer preservatives and the ingredients are extra potent and pure," says Tanzi.

BEST FOR dry, mature, or sensitive skin.

LOOK FOR moisturizing hyaluronic acid, powerful antioxidants such as vitamin C, and anti-inflammatory ingredients like allantoin and green tea.

PRO TIP After removing the sheet, don't rinse. Massage what's left over into your skin, and top with moisturizer.

TRY Dr.Jart+ Firming Solution Dermask *($9 each, Sephora)* >

PROP STYLING BY SARAH GUIDO-LAAKSO AT HALLEY RESOURCES. HAIR AND MAKEUP BY ANNA WEBBER



5

Smooth on moisture

HERE'S THE DEAL Trendy **sleeping masks** have a lot in common with super-charged night creams. You don't rinse or wipe them off; you wear them to bed. (No, they won't make a mess of your pillowcase.) The mask forms a seal on your skin, locking in hydration all night long—a plus, since we tend to lose more moisture at night. Use it as a weekly hydration booster. Or if you're seriously dry, apply it every night in place of a regular night cream.

BEST FOR dry skin.

LOOK FOR mega-moisturizers such as ceramides, squalene, glycerin, hyaluronic acid, and barrier-repair ingredients including niacinamide.

PRO TIP Layer your anti-aging serums and treatments under a hydrating overnight mask—it will help seal them into skin.

TRY Lancôme Hydra Zen Anti-Stress Moisturising Overnight Serum-in-Mask *($59, Macy's)*

Become a Multi-Masker

If you're fighting more than one battle at once—slick spots and dry patches, acne and wrinkles—any one of these products may not fit all your skin's needs. Enter "multi-masking," the new catchphrase for layering on several masks at once. "It's like spot treating your skin, only with masks," says Gillian Palette, a nurse-practitioner and cofounder of Skyngenuity Medical Spa in New York, who routinely uses three to five at once on her clients. We asked Palette for her most common combo—use it to beautifully balance your complexion.



Make your own (it's truly easy)

These masks may not have the long list of active ingredients that a store-bought product can boast, but they're simple (and simply fun) to concoct at home. We asked New York–based aesthetician Ildi Pekar for some problem-solving DIY masks that can be whipped up in minutes with ingredients (three or fewer) you have in your kitchen. Because a make-it-yourself mask that's more involved than cooking a three-course dinner? No thanks, Pinterest! Mix the ingredients in these recipes together and apply a thin layer to your face. Leave it on for 15 minutes, then rinse with lukewarm water.



Oily/acne-prone skin

HOW IT WORKS Baking soda soaks up pore-clogging oil while keeping your skin pH-balanced. Lemon has both antiseptic and anti-inflammatory properties and can shrink pimples.

THE MASK MIX

- **⅓ cup baking soda**
- **2 Tbsp lemon juice**

Twice a week, apply the paste to clean skin. To remove: Take a damp towel, and gently wipe off the mask, working up from your chin to lift.



Dry skin

HOW IT WORKS Honey is both hydrating and anti-inflammatory; whole-milk yogurt and avocados are high in fatty acids, says Pekar. (Use plain, unsweetened yogurt, of course!)

THE MASK MIX

- **3 Tbsp raw honey**
- **⅓ avocado**
- **1 cup yogurt**

To boost the hydration factor, cut strips of plastic wrap and place over the mask to trap the good-for-you ingredients and help them sink in.



Dull skin

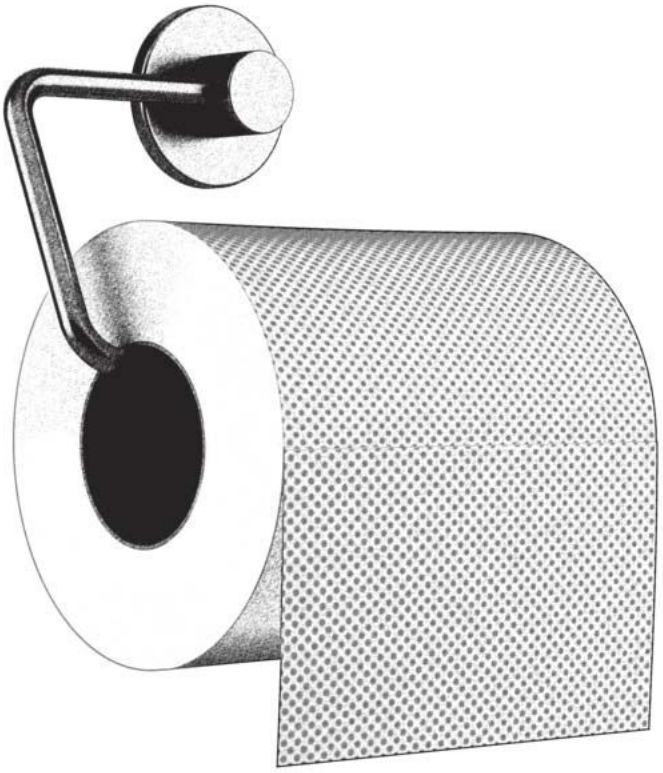
HOW IT WORKS Parsley is loaded with vitamin K, which helps boost skin's glow. The citric and malic acids in apple cider vinegar, along with the lactic acid in plain, full-fat yogurt, exfoliate dulling dead skin cells.

THE MASK MIX

- **1 Handful of chopped parsley**
- **2 Tbsp apple cider vinegar**
- **3 Tbsp yogurt**

To get the parsley ultrafine (no green chunks sticking out of your face), use a food processor. Your skin is in renewal mode at night, so apply then.

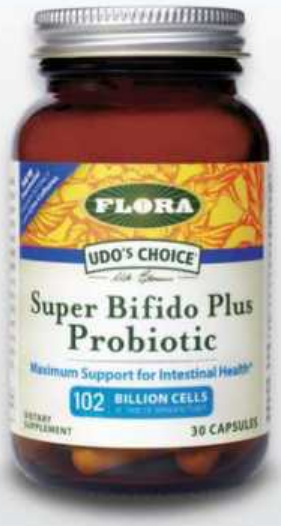
FOOD STYLING BY ALISON ATTENBOROUGH



START A MOVEMENT.

STAND WITH SUPER BIFIDO PLUS AND SUPPORT COLON HEALTH.

It is time to take a stand against gas, bloating, and constipation.* We understand that sometimes the going gets tough, but Super Bifido Plus, with its 102 billion activists (aka "colony forming units") are here to support you. Super Bifido Plus will support your movement and provide maximum support for your cause…that is, relief from occasional constipation or irregularity.* This high-potency formula has a balanced combination of bifidobacterium and lactobacillus strains to help get your tracts back on track.* So when the going gets tough, take a stand with Super Bifido Plus.



FLORA **WWW.FLORAHEALTH.COM** Locate a store near you. | **FIND AT:** Whole Foods & other natural food stores. WHOLE FOODS

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Receive a **$3 coupon** toward your next purchase. Visit: **WWW.FLORAHEALTH.COM/MOVEMENT** or scan this code!

What's in Your...

NAIL POLISH?

Here at your fingertips: The need-to-know info on essential ingredients, the latest (prettiest!) hues, and how to paint on the color so it lasts.

BY HANNAH HICKOK PHOTOGRAPHED BY DANNY KIM



pro tip

FOR A CHIP-PROOF MANI, "CAP" NAILS BY SPREADING POLISH SLIGHTLY OVER THE TIPS. AND WEAR DISH-WASHING GLOVES! DORKY, BUT IT HELPS.

What makes your mani look shiny (or matte)

Traditional polishes get their glossy finish from film formers (see above right). But the trendy new matte options dull that shine with a powder matting agent such as silica, which makes the polish scatter light instead of reflecting it back to the eye. Random bonus: The powder ingredient also thickens the formula and helps it dry faster.

Good formulas don't have...

...worrisome chemicals. More and more brands (from drugstore favorites to high-end newbies) are creating nail polishes with fewer potential toxins. Look for bottles labeled "3-," "5-," or "7-free," which typically means they've eliminated that number of additives.

BUT THEY *DO* HAVE THESE INGREDIENTS:

▶ **FILM FORMERS** create a hard, shiny coating that makes your polish stay put. Our pros recommend keeping an eye out for ***acrylates copolymer*** and ***nitrocellulose***—the second one comes from green plants.

▶ **PLASTICIZERS** soften those tough, shell-like film formers, making the polish less brittle and more flexible (extremely important for avoiding chips). Check the label for ***triphenyl phosphate*** or ***polyvinyl butyral***.

▶ **SOLVENTS** (usually alcohols such as ***ethyl*** or ***isopropyl*** or a clear, fruity-smelling liquid called ***butyl acetate***) give the polish a fluid, spreadable texture that makes it easier to brush onto your nails.

YES, A BASE COAT *AND* A TOP COAT MAKE A DIFFERENCE

These do totally separate things (despite what some two-in-one labels might say), so trust us, it's definitely worth buying one of each. Base coats generally contain resins that form a sticky layer, which helps bind the color to your nails. Top coats, on the other hand, are all about protecting your nail polish, making it last longer and giving your digits that brilliant, reflective sheen.

3 hot fall colors



◀ **DEEP RED**
Sally Hansen Miracle Gel in Rhapsody Red *($10, drugstores)*



◀ **BEIGY PINK**
Zoya Nail Polish in Chantal *($9, zoya.com)*



◀ **DARK CHOCOLATE**
Formula X The Cut Nail Polish in Decadent *($10.50, sephora.com)*

STYLING BY WENDY SCHELAH AT HALLEY RESOURCES. STILLS: STUDIO D. SOURCES: BETH LANGE, PH.D., CHIEF SCIENTIST, PERSONAL CARE PRODUCTS COUNCIL; MAR Y SOUL, FORMULA X BRAND AMBASSADOR; DANA STERN, M.D., ASSISTANT CLINICAL PROFESSOR OF DERMATOLOGY, MOUNT SINAI HOSPITAL; THOMAS J. VICHROSKI, MEMBER OF THE SOCIETY OF COSMETIC CHEMISTS, PRESIDENT OF CRDR CONSULTING

© 2015 Quaker Oats Company

WHAT THE BEST MORNINGS ARE MADE OF.







Start your day on the plus side of delicious with Quaker® Real Medleys.® Try new Summer Berry Granola as a delicious snack or topping that's loaded with crunchy clusters plus real fruit. And there's new Banana Walnut Oatmeal+, complete with super grains and packed with bananas and crunchy nuts. **#QuakerUp**



Scent and Your Skin: Get the Chemistry Right

BY KRISTA BENNETT DEMAIO PHOTOGRAPHED BY TRAVIS RATHBONE

Did you know that the exact same fragrance can smell wildly different depending on who's wearing it? Amy Brady, 36, learned that bit of spritz science after buying her BFF's signature fruity-floral scent. "The blackberry and vanilla notes I loved on her were completely lost on me—I reeked of musk," says Brady. What gives? "Your skin can alter the way a fragrance smells," explains Robert Fuller, Ph.D., a professor of chemistry at Muhlenberg College in Allentown, PA. Read on to discover why—and find a scent that's perfect on you.

STYLING BY SARAH GUIDO-LAAKSO AT HALLEY RESOURCES

Your skin on fragrance

Here's why the perfume on that test strip may smell completely different once it's on you.

If your skin is dry... fragrance goes wonky. "Most perfumes are made with ingredients that are attracted to oil," says George Preti, Ph.D., a researcher at Monell Chemical Senses Center in Philadelphia. The oils in your skin help those notes evaporate slowly, letting the fragrance stay balanced. But when skin is dry, some lighter notes dissipate faster, leaving behind more intense base notes such as musk or sandalwood—and nothing else. Love a delicate citrus or floral? "Apply unscented lotion or oil to your skin before spritzing," says Brooke Banwart, vice president of fragrance for Sephora. "It will hold those notes, so the scent will stay truer."

BLIND SNIFF TEST

The human nose has about 350 smell receptors, but for most of us only 300 of them are active. That means you may not know how your scent *really* smells. Get opinions from friends!

If your skin is rough... the tiny nooks and crannies (what perfume experts call skin contours) can actually trap fragrance molecules. "The uneven surface means some of the ingredients will evaporate at different rates, making a perfume smell differently from the way it's meant to," says Ahmet Baydar, Ph.D., executive vice president of research and development at International Flavors & Fragrances. Again, prepping skin with moisturizer before spritzing on your perfume may stop some notes from evaporating too quickly. Regular exfoliation also helps.

If your skin's pH is off... your fragrance can smell different, says Anne Nelson Sanford, perfumer and founder of LurkBeauty. What, exactly, is pH? It's a measure of how acidic or alkaline something is. (Your skin's happiest state is slightly acidic.) And even a temporary imbalance—often caused by an alkaline soap—can change your fragrance, she says. "Switch to a gentle, unscented body cleanser that's designed not to affect your skin's pH," advises Fuller. One soap-free option: **Dove Sensitive Skin Body Wash** *($5.50, drugstores).*

If your diet is—how shall we put it?—a little pungent... the aroma comes through your pores for days, and it doesn't always play nicely with your perfume. Garlic is the major offender, but other foods include red meats; certain spices such as curry and cumin; and vegetables like broccoli, Brussels sprouts, and asparagus. The by-products flushed through skin from garlic and red meat can take floral notes from fresh to sour fast, while a mix of garlic and a citrus scent may produce an intensely sharp odor. Then there's alcohol. As your body processes a few drinks, excess sugars are released through your pores. When they combine with your fragrance, the effect is either unpleasant or over-the-top sweet, says Nelson Sanford. Bottom line: If your usual scent suddenly smells off, consider your last meal.

Sniff out a new scent

How to find the right mix for your skin's chemistry? Use the tricks perfumers swear by.

Test early, smell often. "Try a new scent in the morning," says Nelson Sanford. "At this point, your skin is fairly clean and you haven't eaten a lot of different foods yet." You'll get a good baseline impression; then check the scent throughout the day to see how it develops. Baydar suggests waiting at least two hours before you decide to buy.

Spritz your skin. Blotter sticks and scent strips are a good way to get an initial whiff, but once you've narrowed down your choices to a few favorites, go straight to skin. The inside of your forearm, a typically smooth spot, is the area most perfumers tend to test, but Nelson Sanford suggests also dabbing it on the outside of your forearm to see how it smells on thicker, drier skin.

Stick to three scents. Any more than that and "you simply won't smell as well anymore," says Banwart. Strange, right? It's actually your body's defense mechanism to ensure you don't overload your nervous system, she explains.

Go with your usual beauty routine. It's tempting to skip your favorite scented body lotion if you know you'll be fragrance browsing, but go ahead and slather it on, says Banwart. "You want to get a sense of how your new fragrance will work with your regular products," she says. "People tend to be attracted to similar scents, so there's a good chance they won't compete."

What's Your Best Bouquet?

For a scent that stays true, pay attention to the label. Some words to watch for:



Parfum

These have a high concentration of fragrance oil (20% to 40%), so the notes will last longer on most skin types. That's especially nice when it's a pretty floral like Aerin Rose de Grasse Parfum Spray *($185, aerin.com)*.



Perfume Oil

With no alcohol or water and a hefty percentage of fragrance (40% to 100%), oils are slow to break down and are ideal for dry skin. They're also a good pick if you enjoy fresh notes, like the bright lemon of MCMC Fragrances Hunter Perfume Oil *($45, mcmcfragrances.com)*.



Eau de Toilette

In a lightweight eau de toilette, such as Chanel Chance Eau Vive Eau de Toilette *($77, department stores)*, the top notes tend to evaporate quickly on drier skin—so lotion up, ladies! If you have oily skin, that zesty-fresh smell will linger a bit longer.



Eau de Parfum

The fairly concentrated eau de parfum (8% to 25% fragrance oil) is richer when blended with an "oud"—the exotic, incenselike scent made from agarwood. Ouds are everywhere now; we like Annick Goutal 1001 Ouds Eau de Parfum *($280, annickgoutal.com)*.



Cologne

The lightest of fragrances, cologne tends to fade fastest. Try one with richer notes—such as the sandalwood in Jo Malone London Mimosa & Cardamom Cologne *($125, jomalone.com)*—for extra staying power.

J MUCKLE/STUDIO D

Your Beauty First Aid Kit

Frizz-ball hair, melted makeup, deodorant that's petered out by 2 P.M.? Stock up on these essentials to solve any I-gotta-look-great emergency.

BY SARAH WEIR PHOTOGRAPHED BY DANNY KIM



1 Makeup-Removing Wipes
Use them to get smudges of mascara or lipstick off practically anything: your fingertips... your face...your shirt....
Pacifica Essential Makeup Removing Wipes *($7, Ulta)*

2 Travel-Size Hairspray
Spritz hairspray onto your finger and rub it over fuzzy brows to tame them.
R+Co Outer Space Flexible Hairspray *($17, randco.com)*

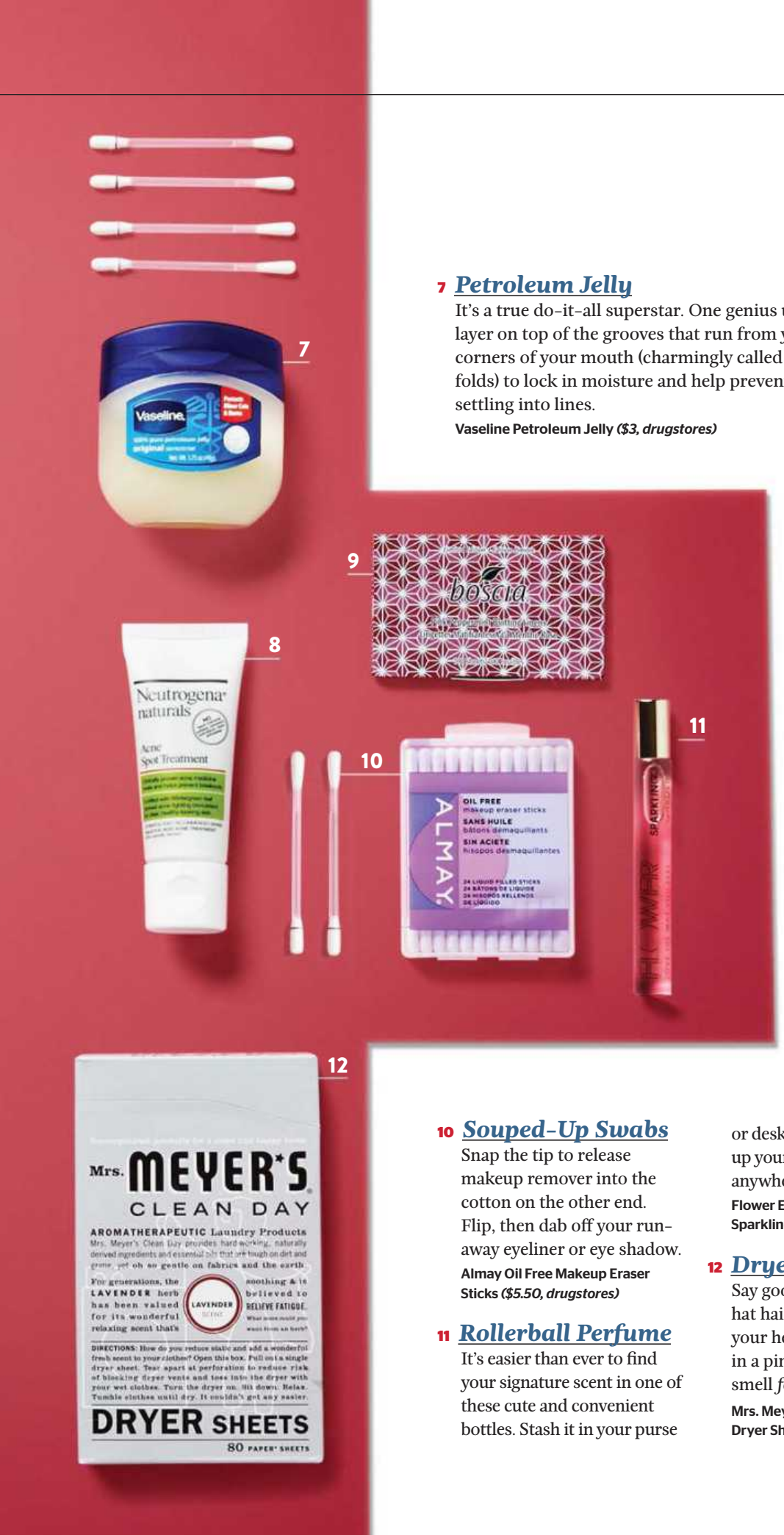
3 Moisturizing Mist
Foundation looking cakey? A quick spray will fix it and won't mess up the rest of your face.
Honest Beauty Elevated Hydration Mist *($16, honestbeauty.com)*

4 Hand Sanitizer
Deodorant on the fritz by lunch? Freshen things up with a little hand sanitizer. The alcohol kills the smelly bacteria in your sweat.
EO Organic Lavender Natural Hand Sanitizer Spray *($2, eoproducts.com)*

5 Lip Balm
Trace it along the edges of your mouth to erase lipstick that's bled into fine lines—the balm's waxes will lift the color without smearing it and making things worse.
Carmex Moisture Plus Lip Balm *($2.50, drugstores)*

6 Argan Oil
Work a drop or two through the bottom few inches of your hair—you'll boost shine and moisturize ends. Or pat it onto your face for dewiness.
Josie Maran 100% Pure Argan Oil Light *($48, sephora.com)*

STYLING BY WENDY SCHELAH AT HALLEY RESOURCES. SOURCES: JENNIFER REICHEL, M.D., UNIVERSITY OF WASHINGTON; BRANDIE HOPSTEIN. MAKEUP ARTIST: TOMY RIVERO. MAKEUP ARTIST: JENNY CHO, SUAVE PROFESSIONALS CELEBRITY STYLIST



7 Petroleum Jelly

It's a true do-it-all superstar. One genius use: Tap a light layer on top of the grooves that run from your nose to the corners of your mouth (charmingly called the nasolabial folds) to lock in moisture and help prevent makeup from settling into lines.

Vaseline Petroleum Jelly *($3, drugstores)*

8 Acne Spot Treatment

Feel a blemish brewing? Don't go into hiding. Just dab some salicylic acid gel on the area a few times a day to stop it from becoming an angry red pimple.

Neutrogena Naturals Acne Spot Treatment *($8.50, drugstores)*

9 Blotting Papers

Sure, they can degrease an oily T-zone in a flash. But with one quick pat, these little sheets can also set your lipstick, absorb oil at your roots... the list goes on.

Boscia Pink Peppermint Blotting Linens *($10, sephora.com)*

10 Souped-Up Swabs

Snap the tip to release makeup remover into the cotton on the other end. Flip, then dab off your runaway eyeliner or eye shadow.

Almay Oil Free Makeup Eraser Sticks *($5.50, drugstores)*

11 Rollerball Perfume

It's easier than ever to find your signature scent in one of these cute and convenient bottles. Stash it in your purse or desk so you can freshen up your fragrance anytime, anywhere.

Flower Eau de Parfum Rollerball in Sparkling Garden *($10, Walmart)*

12 Dryer Sheets

Say goodbye to staticky hat hair! Run a sheet over your head to tackle frizz in a pinch. Bonus: These smell *fantastic*.

Mrs. Meyer's Clean Day Lavender Dryer Sheets *($8, mrsmeyers.com)*

GET MAKEUP DOWN TO A SCIENCE

Want to make people notice your pretty eyes, but not your age or how little sleep you got last night? Use a bit of color theory. C'mon, we'll teach you.

BY ERICA METZGER
PHOTOGRAPHED BY JOHNNY MILLER



GO SUBTLY *smoky*

For eyes that sparkle, choose two colors in the same family using the chart, opposite. Brush the lighter one over your lids from lash line to crease, and use a skinny eyeliner brush to apply a thin line along your bottom lash lines, too. Blend the darker shade onto your lids from the outer corner to the middle of your pupil, fading out the color as you move inward.

YOUR BRIGHT-EYES GUIDE

Neutrals are the safe bet, but they won't get you compliments. For that, you'll need to check out a color wheel. Picture it as a pizza divided into 12 shades from warmest (yellows and oranges) to coolest (blues and greens). For the most contrast and intensity, go with a color on the opposite side of the wheel from your irises' natural hue—so a red-violet opposes green, and a golden yellow opposes aqua. Picking that contrasting shade can make the difference between eyes that look blue and eyes that look Elizabeth Taylor blue. Let our chart (below) light the way.

Green eyes

Colors that are in the purple family bring out greens.



Illamasqua Powder Eye Shadow in CanCan *($23, illamasqua.com)*



Pixi by Petra Endless Silky Eye Pen in VelvetViolet *($12, Target, available in January)*



L'Oréal Paris Infallible Eye Shadow in Burst Into Bloom *($8, drugstores)*



Sonia Kashuk Longwear Eye Definer in Dark Purple *($8, Target)*

Hazel eyes

Greenish hues will intensify the golden highlights in your eyes.



Lancôme Drama Liqui-Pencil in Paradís *($23, Sephora)*



Kat Von D Metal Crush Eyeshadow in Iggy *($21, Sephora)*



Butter London Smoke Stick Duo in Flash Fusion *($20, Ulta)*



MAC Cosmetics Magic of the Night Colourdrenched Pigment in Tonight's the Night! *($22, maccosmetics.com)*

Brown eyes

Blues make brown look richly deep, rather than dark and flat.



Make Up For Ever Artist Shadow in I-220 *($21, sephora.com)*



Maybelline New York Eye-Studio Lasting Drama Waterproof Gel Pencil in Lustrous Sapphire *($8, drugstores)*



Vincent Longo Cosmetics Demi-Matte Eye Shadow in Hypnotize *($24, vincentlongo.com)*



Shiseido Shimmering Cream Eye Color in Nightfall BL722 *($25, shiseido.com)*

Blue eyes

Warm shades of gold, bronze, and peach make cool blue eyes really pop.



Becca Eye Tint in Vicuna *($24, Sephora)*



Almay Shadow Softies in Crème Brûlée *($5, drugstores)*



Estée Lauder Magic Smoky Powder Shadow Stick in Cool Ash *($22, esteelauder.com)*



Milani Bella Eyes Gel Powder Eyeshadow in Bella Copper *($4.50, drugstores)*



A FRESH *flush*

Smile and brush blush directly on the apples of your cheeks and along the cheekbones toward your ears, tapering off the color around your temples. Blend, and set with translucent powder for extra staying power.



Cool

Rose, soft pink, or plum mimic your natural flush.

Elizabeth Arden Beautiful Color Radiance Blush in Plum Perfection *($26.50, Macy's)*, Giorgio Armani Maestro Fusion Blush in 400 *($52, giorgioarmani.com)*

PERK UP YOUR SKIN

Blush is the easiest way to energize your whole face, but you want to look like you came in from a brisk walk, not like you're just back from clown camp. Your undertones—either warm or cool—will help you choose a natural shade. You're warm-toned if your skin is peachy, the veins in your wrist appear green, and you may tan if you forget sunblock. Cool complexions look pinkish, have blue veins, and may burn easily without sunscreen. If it's not clear-cut, you're what makeup artists call neutral, and there are particular shades that work best on you.

Warm

Peach and coral complement the golden tones in your skin.

Smashbox Blush Rush in Heartbreak *($24, Nordstrom)*, Nonie Creme Colour Prevails Bashful Beauty Cheek & Lip Multi Stick in Coy Coral *($13, Walgreens)*

Neutral

A blush that blends the warmth of a peachy hue with a slightly cool metallic tinge is the most natural looking.

Artistry Signature Color Blush in Peachy Pink *($18, amway.com)*, Palladio Beauty I'm Blushing 2-in-1 Cheek & Lip Tint in Lovely *($8, palladiobeauty.com)*

COVER UP ANYTHING, LIKE MAGIC

Corrective makeup, which comes in perplexingly bright hues, promises to mask the most noticeable blemish, no matter your skin tone. The idea seems nuts. ("A green concealer? I'll look like a certain witch of the west…") But hear us out. Foundations and concealers that match your skin perfectly can allow things like a red pimple or bluish dark circles to peek through. Tinted correctors use color-wheel principles to neutralize discoloration. Use a tiny dot or two, blend, and then top with regular makeup.

Green

It disappears the ruddiness of rosacea or a blemish.

Dermablend Smooth Indulgence Redness Concealer *($20, dermablend.com)*

Yellow

The sunny hue counteracts bluish under-eye circles.

Physicians Formula Gentle Cover Concealer Stick in Yellow *($7, drugstores)*

Peach or Orange

To neutralize purple circles under your eyes, use this color.

Jane Iredale Enlighten Concealer in Shade 2 *($29, janeiredale.com)*

Lavender

This purply shade cancels out yellowish patches of skin.

NYX Cosmetics Concealer Jar in Lavender *($5, nyxcosmetics.com)*



SMILE *boldly*

Rich lipstick colors tend to fade fast. To help them stay longer, swipe a light layer of foundation or concealer over your lips, then apply one coat of your favorite shade. Blot with a tissue to set, and then put on a second layer to lock in a lasting finish.

LOVE YOUR LIPSTICK

Pick the right bright lip color and you'll look glowy and awake; choose the wrong one and you come off as ghostly, sallow, or ashy. Again, let your undertones point you toward a color that will work overtime to flatter you. Another important note: The color you select can make lips appear bigger or smaller, depending on the shade. Dark hues visually shrink and lighter ones expand. So while a deep plum may be very striking against your skin, you want to avoid it if your goal is to plump things up. In that case, reach for a lipstick or gloss that's lighter or more sheer, or has a little bit of shimmer.

Neutral

Try shades like dusty rose, peachy rose, black currant, or deep wine.



Smith & Cult The Shining Lip Lacquer in One Word Chorus *($22, smithandcult.com)*



& Other Stories Lip Colour in Bowknot Rose *($15, stories.com)*



Revlon ColorBurst Matte Balm in Fiery Flamboyante *($9, drugstores)*



Covergirl Star Wars Lipstick in 50 Dark Purple *($8, covergirl.com)*

Warm

Go with hues in the peach or apricot family, or try coral and orange-reds.



Laura Geller Iconic Baked Sculpting Lipstick in Bleecker Street Peach *($21, Ulta)*



Guerlain Maxi Shine Lipgloss in 442 Nahema Smack *($30, Saks)*



Urban Decay Matte Revolution Lipstick in Tilt *($22, Sephora)*



Rimmel London Moisture Renew Lipstick in Red Alert *($7, ulta.com)*

Cool

Choose rosy beiges, bluish pinks, plums, and subdued blue-reds.



Tarte Power Pigment in Glisten *($24, Sephora)*



Circa Color Absolute Velvet Luxe Lipstick in 03 Sophia *($10, Walgreens)*



Clarins Joli Rouge Lipstick in 713 Hot Pink *($27, clarins.com)*



Nars Steven Klein Killer Shine Lip Gloss in Special Force *($28, narscosmetics.com)*

STYLING BY KAREN PANDIANI AT STOCKLAND MARTEL. HAIR BY ROB VAN DORSSEN USING ORIBE HAIR CARE AT JUDY CASEY INC. MAKEUP BY THORA FOR ELIZABETH ARDEN AT KATE RYAN INC. MAKEUP STILLS STYLING BY LISA LEE AT RAY BROWN. STELLA MCCARTNEY DRESS. SOURCES: MATIN MAULAWIZADA. CELEBRITY MAKEUP ARTIST: TIM QUINN. ARMANI BEAUTY CELEBRITY MAKEUP ARTIST: MARCUS MONSON. GUERLAIN CELEBRITY MAKEUP ARTIST

CAN A BAG CARRY HOPE?
MINE CAN.

I'm Jamie, a photographer and blogger. I believe in inspiring people through creativity and discovered an easy way to do that, while also making a difference.

Follow my lead. FEED.



Jamie Beck *Photographer and Blogger, Ann Street Studio*

FEED

FEEDPROJECTS.COM

#LEADFEED

GOOD EATING

Jalapeño Green Juice

In a blender, whir 3 slices **pickled jalapeño**, a small handful of **cilantro**, a handful of **kale**, a thumb-size nub of **ginger**, 1 **garlic clove**, 2 peeled **oranges**, and ⅓ cup water. Add more water if necessary to get a consistency you like. *Serves 1.*

OZ NEWS: FOOD

5 THINGS WE JUST LEARNED

Turn for 4 More

1

Yup, This Stuff Is the Spice of Life

Hel-lo, hot stuff. Recent research published in the *BMJ* hints at a link between fiery dishes and longevity. Study participants who ate spicy foods once or twice a week had a 10% lower risk of death over several years than those who rarely or never ate them. Scientists think capsaicin, the OMG-it-burns chile pepper compound, might play a role.

PHOTOGRAPHED BY BURCU AVSAR

FOOD STYLING BY ALISON ATTENBOROUGH. PROP STYLING BY SARAH GUIDO-LAAKSO AT HALLEY RESOURCES. RECIPE ADAPTED FROM *GREEN SMOOTHIES*, BY FERN GREEN. COPYRIGHT 2015, PUBLISHED BY TEN SPEED PRESS, AN IMPRINT OF PENGUIN RANDOM HOUSE LLC

2 Powerful Food Mantras

Bee Wilson dishes out all kinds of helpful wisdom in her new book on the science of eating habits, *First Bite: How We Learn to Eat*. Use these mantras to combat holiday stress of the Open Mouth, Insert Gingerbread variety:

- *No one is doomed by genes to eat badly.*
- *Eating well is a skill we can learn at any age.*
- *Calories are not the same as morals.*
- *Before you can change what you eat, you need to change what you like.*
- *Sugar is not love. But it can feel like it.*



3 A SMARTER WAY TO SLICE



This knife is a must for roasted veg season.

Great knives make veggie prep fast and actually fun, which is why we're point over handle for Tovolo's newly expanded Comfort Grip knife collection. The rainbow-gorgeous line includes all the usual prep and slicing knives, plus a few standouts. (An avocado knife? Wow!) Every piece features an ergonomic grip, a well-balanced blade, and a protective cover. *($7–$12 per knife, tovolo.com)*

4

Oatmeal's Getting an Upgrade The instant oats aisle has two wonderful, warming newbies—both pumped up with good stuff like flax and chia: Bob's Red Mill Gluten-Free Classic Oatmeal Cup *($2.50 each, bobsredmill.com)* and Dr. McDougall's Right Foods Organic Superfood Mega Omega blend *($5/box, major grocers).*



5

meal ideas

How to Whip Up This Superfood Snack

Here at the *Good Life* offices, we're all about working in our daily dose of power chow, so the new cookbook *Super Foods Every Day* naturally caught our attention. Every recipe—including this one for spiced citrus fruits—features rock-star ingredients and highlights their health-boosting properties.

SPICED CITRUS WITH YOGURT

Peel and segment 3 red **grapefruits** and 3 large **oranges** over a bowl. Heat 2 Tbsp unsalted **butter** in a skillet; add juices from bowl, 1 Tbsp **brown sugar,** 1 tsp **allspice,** and 3 Tbsp water. Simmer, stirring, until liquid is reduced to a syrup. Spoon fruit into 4 serving bowls. Add syrup and a mixture of 1 cup plain **Greek yogurt,** ½ tsp **ground cinnamon,** and 1 Tbsp **honey** (optional). Top with chopped toasted **pecans.** *Serves 4.*

FROM TOP: J MUCKLE/STUDIO D; COURTESY OF THE PUBLISHER. ILLUSTRATION BY THE ELLAPHANT IN THE ROOM. RECIPE ADAPTED FROM *SUPER FOODS EVERY DAY*, BY SUE QUINN. COPYRIGHT 2015, PUBLISHED BY TEN SPEED PRESS, AN IMPRINT OF PENGUIN RANDOM HOUSE LLC

GET SAUCY!

with FRANCESCO FORTIFIED *Pasta Sauce*

ZERO CHOLESTEROL

60 CALORIES PER ½ CUP

REDUCED SODIUM

NO SUGAR ADDED



GLUTEN FREE

2 GRAMS DIETARY FIBER

NO SATURATED FAT

2 GRAMS OF PROTEIN

Boost your brain power! **DHA OMEGA 3** in every jar!

life's DHA™ HEALTHY BRAIN, EYES, HEART

"life's DHA" is a trademark of DSM

Made by Italians™



Francesco Fortified invites you to live with a

Mediterranean Mindset™

Look for our on-pack leaflet with more Mediterranean Mindset™ tips!

FUN HOLIDAY PARTY SNACK

Sandwich a slice of mozzarella cheese (part skim) between two reduced fat crackers. Bake on cookie sheet for 8 min. or until cheese begins to melt. Heat Francesco Rinaldi Fortified Pasta Sauce (any flavor is great). Serve cracker sandwiches as dippers with sauce.

FrancescoRinaldi.com

Eat Like Dr. Oz at a...

COCKTAIL PARTY

I usually make a meal out of party food. (Lisa gets a night off from cooking; everybody's happy.) And I cover all the same bases as I would at dinner: mostly veggies, a dose of protein, and some carbs. Follow this plan to load your plate *and* celebrate.

PHOTOGRAPHED BY
EMILY KATE ROEMER



Mini quiches These offer nutritional benefits from eggs and a few veggies, but the buttery crust makes them more of a treat.

Chocolate-covered strawberries Only about 45 cals a pop!

Dessert tarts Way more calorie-friendly than a big slice of cake.

Smoked salmon and cream cheese rolls Heart-healthy salmon is always welcome on my plate, and I love this flavor combo.

Stuffed mushrooms On their own, mushrooms are nutritional champs. The cheesy stuffing brings the splurge factor—and the added deliciousness.

Pigs in blankets I wouldn't go crazy with these little piggies, but one or two won't do your diet in.

Deviled eggs True, they're higher in cals than regular eggs, but they've still got protein and a vital nutrient called choline. Not really so devilish.

Grab Two of These...

'Tis the season to treat yourself! Enjoy two mini appetizers on this page (for me, it would be a salmon roll and a deviled egg).

STUDIO D. FOOD STYLING BY MARIANA VELASQUEZ AT BIG LEO. PROP STYLING BY KRISTINE TREVINO AT BIG LEO.
SOURCE: CHRISTY HARRISON, M.P.H., R.D., C.D.N.



Champagne To your health! A little booze can be good for your heart, science says.

Mixed Nuts Have a handful. Research has linked eating nuts to maintaining a healthier diet.

Crudités No one's shocked when I put a big dent in the veg tray. (Also good: veggie skewers and olives.) If they come with dip, I keep it to two spoonfuls.

Shrimp cocktail High in nutrients, low in cals. Stick to six (or three, if you're having another protein).

Chicken skewers Tasty and filling. A full serving is about the amount that would cover your palm.

Bruschetta Bread counts for your carbs, and olive oil and tomatoes are a power duo. Just watch portions: If the toasts are open-faced-sandwich-size, I have only one piece.

Cheese plate A little bit is just fine; see my guide to cheese on page 17. And if you see grapes on the platter, grab 'em. Garnish or not, they're fair game.

...and Fill Up Like This

About half of this plate is piled with veggies—a good model, whether it's a party or an everyday dinner. Shrimp and chicken pack in lean protein; a little bread rounds it off. (And there's still room for bubbly!)

Mmm...It's Slow Cooker Season

Kick it off the deliciously healthy way: Start with foods your body craves, add our fresh recipe ideas, press a button, and walk away. It's make-ahead magic.

RECIPES BY CHRISTINE ALBANO PHOTOGRAPHED BY BURCU AVSAR



PASTA *It's true: You don't have to boil the noodles separately. They soften right in the slow cooker.*

FOOD STYLING BY CHRISTINE ALBANO. PROP STYLING BY SARAH CAVE AT EH MANAGEMENT

"Baked" Pasta

PREP 10 min — COOK 2 hrs
SERVES 4

Rinse the dried pasta first and let a little water stick to it to help the noodles soften.

- **1 cup part-skim ricotta cheese**
- **½ cup shredded part-skim mozzarella cheese**
- **¼ cup grated pecorino cheese**
- **½ tsp coarse salt**
- **Pepper**
- **8 oz whole wheat penne**
- **Vegetable oil cooking spray**
- **2 cups store-bought low-sodium marinara sauce**
- **1½ cups canned crushed tomatoes (no salt added)**
- **1 cup packed baby spinach**
- **¼ cup basil leaves, torn**

MIX the cheeses. Season with the salt, plus pepper to taste. Rinse pasta with cold water in a colander. Spray the inside of a medium slow cooker with cooking spray.

MIX marinara with tomatoes. Pour half of sauce mixture into slow cooker in an even layer. Top with half of pasta, then all of spinach and half of cheese mixture, spreading evenly.

REPEAT with remaining sauce, pasta, and cheese. Pour in ½ cup water. Cover, and cook on high until pasta is tender, 1 hr 45 min to 2 hrs. Garnish with basil.

432 cal, 12 g fat (6 g saturated), 22 g protein, 60 g carb, 12 g sugar, 8 g fiber, 585 mg sodium, 35 mg cholesterol ***per serving***



SALMON
A garlicky broth keeps that fillet from drying out.

BE A SMART ONE-POT COOK

1. **Always throw at least one kind of veggie into your slow cooker.** No pressure to get fancy. Canned tomatoes count. So do those bags of ready-to-go baby spinach.
2. **Go lean with protein.** Give chicken and fish some slow cooker love; they simmer up just as delectably as red meat.
3. **Crank up the flavor.** Those veggies and proteins are going to be bubbling for hours—so let them soak in the good stuff. Herbs, spices, and chiles deliver yum.

Salmon with Cherry Tomatoes

PREP 10 min — COOK 2 hrs
SERVES 4

- **3 pints cherry or grape tomatoes**
- **⅓ cup olive oil**
- **½ cup dry white wine (or low-sodium chicken broth, or water)**
- **6 garlic cloves, thinly sliced**
- **6 thyme sprigs, plus 1 Tbsp leaves for garnish**
- **½ tsp red pepper flakes**
- **1 tsp coarse salt**
- **1½ lb skin-on salmon fillet (about 1½ inches at thickest part)**
- **Black pepper**

COMBINE tomatoes, oil, wine, garlic, thyme sprigs, red pepper flakes, and ½ tsp salt in a medium slow cooker, tossing to coat evenly.

LAY salmon fillet, skin side down, on top of tomatoes. Season salmon with remaining ½ tsp salt, plus pepper to taste.

COVER, and cook on high until salmon is just cooked through and tomatoes are beginning to burst, 1½ to 2 hrs.

TRANSFER salmon to a platter. Spoon tomatoes around salmon and garnish with thyme leaves.

CUT salmon into portions and serve in shallow bowls with tomatoes and cooking juices.

468 cal, 29 g fat (5 g saturated), 39 g protein, 11 g carb, 6 g sugar, 3 g fiber, 572 mg sodium, 77 mg cholesterol ***per serving***



CHICKEN ***Takeout, shmakeout. This saucy fave pretty much cooks itself.***

Chicken Tikka Masala

PREP 25 min — COOK 6 hrs
SERVES 4

- **1** **(15-oz) can crushed tomatoes**
- **1** **onion, finely chopped**
- **2** **Tbsp tomato paste**
- **5** **garlic cloves, minced**
- **1½** **Tbsp garam masala** ***($4.50 for 1.05 oz, penzeys.com)***
- **1** **Tbsp grated ginger**
- **1¼** **tsp coarse salt**
- **8** **boneless, skinless chicken thighs (about 1½ lb total), trimmed of excess fat**
- **1½** **cups thinly sliced cucumber**
- **2** **Tbsp chopped cilantro, plus more for garnish**
- **1** **Tbsp lemon juice**
- **1** **Tbsp extra-virgin olive oil**
- **½** **cup plain whole-milk Greek yogurt**
- **2** **cups cooked brown rice, for serving**

COMBINE tomatoes, onion, tomato paste, garlic, garam masala, ginger, and 1 tsp salt in a medium slow cooker.

PLACE chicken on top, folding under any loose meat on each thigh to maintain a thick shape. Cover, and cook on low for 6 hrs.

WHILE chicken cooks, toss cucumber with cilantro, remaining ¼ tsp salt, the lemon juice, and oil. Cover and refrigerate.

WHEN chicken is done, place yogurt in a medium bowl. A little at a time, stir in chicken sauce, letting yogurt turn it creamy. Stir sauce back into pot.

SERVE chicken over rice with cucumber salad on the side. Garnish with cilantro.

456 cal, 15 g fat (5 g saturated), 41 g protein, 40 g carb, 9 g sugar, 6 g fiber, 977 mg sodium, 165 mg cholesterol ***per serving***

super boost

GREEN UP YOUR TACOS! JALAPEÑOS, A POBLANO CHILE, AND TOMATILLOS BRING EXTRA VITAMIN C TO THE ZIPPY SAUCE, NETTING YOU MORE THAN HALF OF THE DAILY DOSE IN ONE SERVING.

Turkey Tacos with Green Chile Sauce

PREP 35 min — COOK 8 hrs
SERVES 4

Canned tomatillos can be subbed for fresh: Use 3 cups drained, chopped tomatillos, and omit the salt in the recipe.

- **1½ lb tomatillos, husked, rinsed, and coarsely chopped**
- **1 bunch scallions, chopped, plus more for garnish**
- **1 large poblano chile, seeded and coarsely chopped**
- **2 jalapeños, seeded and thinly sliced, plus more for garnish**
- **2 garlic cloves, finely chopped**
- **1 tsp ground coriander**
- **1 tsp ground cumin**
- **1 tsp coarse salt**
- **1¼ cups low-sodium chicken broth**
- **1 boneless skinless turkey breast (1½ to 2 lb)**
- **⅔ cup cilantro leaves, packed, plus more for garnish**
- **8 (6-inch) corn tortillas**
- **6 radishes, thinly sliced**
- **⅓ cup crumbled Cotija cheese (or feta)**
- **3 Tbsp roasted shelled pumpkin seeds (optional)**
- **½ avocado, pitted and sliced**
- **Lime wedges, for serving**

PLACE tomatillos, scallions, poblano, jalapeños, garlic, coriander, cumin, and ½ tsp salt in a medium slow cooker. Add broth.

SEASON turkey on both sides with remaining ½ tsp salt. Place on top of tomatillo mixture. Cover, and cook on low for 8 hrs.

TRANSFER turkey to a cutting board and let cool slightly.

While turkey cools, puree tomatillo mixture and any liquid with cilantro in a blender until smooth. Return to slow cooker.

USING 2 forks, shred turkey, then stir into tomatillo mixture. Keep turkey filling warm.

WARM tortillas for several seconds in the microwave or, using tongs, lightly char each tortilla over an open flame on the stove. Cover with foil to keep warm.

SERVE turkey with sauce on tortillas. Top with radishes, cheese, pumpkin seeds (if using), avocado, scallions, jalapeño, and cilantro. Serve with lime wedges.

493 cal, 13 g fat (3 g saturated), 55 g protein, 38 g carb, 7 g sugar, 8 g fiber, 895 mg sodium, 124 mg cholesterol ***per serving*** ■



TURKEY *Get the filling going in the A.M., then come home to slow-cooked-taco night.*



Pistachios add crunch.



Candied ginger and dried cherries—so special!

Good Life Goodies!

Seven temptations spiked with fabulous superfood ingredients? C'mon, say yes. Dr. Oz would!



Pomegranate seeds look like jewels.



Pumpkin seeds, goji berries, cashews, and sunflower seeds—the works!

1

Chocolate Thins

Torn between fruit, nuts, and dark chocolate? How 'bout them all—in one bite-size present?

RECIPES BY SUSAN SPUNGEN
PHOTOGRAPHED BY RAYMOND HOM



2
Coffee-Chai Chia Pudding
This java-charged chia cup is our new fave dessert. And it doubles as breakfast.



3
Coconut-Apricot Macaroons
A big result for little effort. These five-ingredient cookies come together in less than 30 minutes.



4
Cinnamon-Maple Popcorn
The cinnamon-laced coating is crazy-addictive—and we're fine with that. (Only 83 cals a cup.)



5
Chocolate Clementines
World's cutest fruit dunked in chocolate and pistachios—it's a dream snack.



6
Date Truffles
Great balls of good stuff! Dates and PB are on the inside; healthy "sprinkles" are on top.



7
Spiced Hot Chocolate
Zingy heat from cayenne makes an uncommonly yummy cocoa.

A Sweet Deal

Many of the season's star ingredients—dark chocolate, nuts of all kinds, cinnamon, citrus fruits—just happen to be terrific for you. We put them all to scrumptious use here. Give some, gobble some, and save the recipes on the back of this page forever.

HOLIDAY TREATS

Make these sweets, snacks, and sips for yourself—or serve them at a holiday shindig. (It's fine to hoard the leftovers guilt-free. Many will keep for a couple of days or more.)

Snip, Save, Share

1



CHOCOLATE THINS

Heat 4 oz finely chopped **bittersweet chocolate** and ½ tsp **canola oil** in a microwave, 1 min. Stir until smooth and cool to the touch. One tsp at a time, dollop onto a parchment-lined baking sheet, spreading out with back of spoon. Top rounds with a mix taken from 1 Tbsp each of any of the following: **nuts, pomegranate seeds, dried fruit,** or **candied ginger.** Chill until firm, about 1 hr. Keep chocolates refrigerated until ready to serve.

Makes 16: 188 cal, 12 g sugar ***per 4 pieces***

DRIED-FRUIT POWER
One study found that people who regularly eat dried fruit have a lower body mass index (BMI)—and a healthier diet overall. Pass the apricots!

2



COFFEE-CHAI CHIA PUDDING

Combine ½ cup brewed strong **coffee** (cooled), 1 cup **light coconut milk,** 2 Tbsp pure **maple syrup,** ½ tsp pure **vanilla extract,** ½ tsp **ground cinnamon,** ¼ tsp each **ground ginger, cardamom,** and **coriander,** a grind of pepper, and ½ cup **chia seeds** in a 4-cup container. Shake well and chill, 4 hr, shaking occasionally in first hr. (If not serving immediately, chill up to 2 days.) Mix ¼ cup plain 2% **Greek yogurt** with 1 tsp more syrup. Dollop over pudding. Top with orange zest.

Serves 4: 186 cal, 9 g sugar ***per serving***

3



COCONUT-APRICOT MACAROONS

Combine 2 large **egg whites** and a pinch of fine salt in a stainless-steel bowl. Beat with an electric mixer until foamy and white, then gradually add ¼ cup **sugar.** Continue to beat until soft, fluffy peaks form. Add ½ tsp pure **vanilla extract,** 1½ cups **unsweetened dried coconut,** and ¼ cup diced **dried apricots.** Fold gently to combine. Using a soup spoon, dollop 12 mounds onto a parchment-lined baking sheet. Bake at 325°F until pale golden, 15 min. Let cool completely on a wire rack. If not serving immediately, store in an airtight container up to 1 day.

Makes 1 dozen: 213 cal, 12 g sugar ***per 2 pieces***

4



CINNAMON-MAPLE POPCORN

Simmer 1 Tbsp unsalted **butter** with 2 Tbsp pure **maple syrup,** ¼ tsp **cinnamon,** and ⅛ tsp coarse salt over medium heat until a glaze forms, 2 min. Toss with 4 cups air-popped **popcorn.**

Serves 4: 83 cal, 6 g sugar ***per serving***

CHOCOLATE BONUS
For maximum superfood reward, choose dark chocolate that's at least 70% cacao. The higher the cacao, the more healthful your chocolate.

5



CHOCOLATE CLEMENTINES

Heat 2 oz finely chopped **bittersweet chocolate** and ½ tsp **canola oil** in a microwave, 45 sec. Stir until smooth. Peel 4 **clementines** and separate into sections. Finely chop 2 Tbsp shelled **pistachios.** Dip each section halfway into chocolate, then into nuts, and arrange on a parchment-lined baking sheet. Chill until set, about 25 min. Keep refrigerated until ready to serve.

Serves 4: 133 cal, 11 g sugar ***per serving***

6



DATE TRUFFLES

Soak 20 to 24 pitted **dates** (6 oz) in boiling-hot water for 10 min. In a food processor, finely grind ½ cup **raw unsalted almonds** and ½ cup **pecans.** Set aside. Drain dates, and add to food processor with 2 Tbsp **peanut butter,** 2 Tbsp unsweetened **cocoa powder,** ½ tsp pure **vanilla extract,** and a pinch of fine salt. Pulse until mixture is somewhat smooth. Return nuts to processor and pulse until well combined. Roll into bite-size balls (about 2½ tsp each). Roll truffles in 2 Tbsp of any of the following: shredded unsweetened **dried coconut,** more very finely chopped nuts, or more cocoa powder (sifted). If not serving immediately, chill in an airtight container, between layers of parchment.

Makes about 2 dozen: 122 cal, 10 g sugar ***per 2 pieces***

7



SPICED HOT CHOCOLATE

In a saucepan, combine 2 Tbsp unsweetened **cocoa powder,** 1 Tbsp **sugar,** ½ tsp **ground cinnamon,** and a pinch of **cayenne pepper.** Pour in 1 cup boiling-hot **water** and stir until smooth. Add 2 oz finely chopped **bittersweet chocolate;** stir until smooth. Whisk in 1½ cups **2% milk** and add 4 whole **cinnamon sticks.** Heat until hot. Serve with cinnamon sticks.

Serves 4: 135 cal, 12 g sugar ***per serving*** ■

FOOD STYLING BY CHRISTINE ALBANO. PROP STYLING BY CHRISTINA LANE

THE goodstuff

PRODUCTS, PROMOTIONS & EVENTS



1 Age Perfect® Eye Renewal

Seeing changes around your eyes? Take charge with NEW Age Perfect Eye Renewal from L'Oréal Paris. Offering five anti-aging actions all at once, it targets: Dark Circles, Puffiness, Under-Eye Bags, Crow's Feet, and Crepiness.

Lorealparisusa.com/cellrenewal

AGE PERFECT®
EYE RENEWAL



2 Naturtint

Harness the power of natural botanicals for a hair color experience like no other! Naturtint gives you the luminous, long-lasting color you crave without the chemicals you don't. Naturtint is ammonia free, paraben free, cruelty free and is available in 29 mixable shades.

NaturtintUSA.com

NATURTINT
NATURALLY BETTER



3 Eucerin

Eucerin In-Shower Body Lotion leaves no greasy residue, letting you get dressed immediately. So moisturize in the shower with a fragrance-free formula that's enriched pro-vitamin B5.

eucerinus.com

Eucerin®
Skin science that shows.



4 finipil 4 Men Only

finipil® 4 men only is a patented, FDA-registered antiseptic that destroys 99.999% of bacteria. It is a nondrying moisturizer and sanitizer. Men use it for chaffing from sports gear, collar rashes, sunburns, or anything in between. They love finipil® 4 men only – it's a "must have" lotion.

finipil4menonly.com

finipil
4 men only



5 Quaker® Real Medleys®

Start your day on the plus side of delicious with Quaker ® Real Medleys ®. Try our Banana Walnut Oatmeal cups, packed with diced bananas and crunchy nuts.

QuakerOats.com

QUAKER

GIADA'S FEEL-GOOD FEAST



STUFFED AND ROLLED TURKEY BREAST



WHAT HAPPENS WHEN DR. OZ TEAMS UP WITH GIADA DE LAURENTIIS, THE CELEBRITY CHEF WITH A SMILE FROM HERE TO ROME? YOU GET AN INCREDIBLE HOLIDAY SPREAD WITH NO REGRETS COME JANUARY 1.

TEXT BY
MARGARITA BERTSOS

FOOD PHOTOGRAPHED
BY ROMULO YANES

GIADA PHOTOGRAPHED
BY ART STREIBER

LETTERING BY
YOMAR AUGUSTO



GREEN AND RED
Kale, Brussels sprouts, and pomegranate are all superfood dynamos. (And the colors are Christmassy!)



PROSCIUTTO-WRAPPED PRUNES

LOOK who's coming to dinner! When Giada De Laurentiis arrives at Dr. Oz's New Jersey home for our December cover shoot, there's so much buzz in the house that it truly feels like a holiday gathering. Amid all the chaos, the family's black Labrador, Rosie, sprawls under the kitchen table, rolling over for a belly scratch whenever Dr. Oz walks by. Music is playing, pine boughs have taken over the kitchen table, and mouthwatering smells are *everywhere*.

Giada, naturally, is the person responsible for the feast—a festive menu she created for *Good Life* readers with recipes from her new book, *Happy Cooking*. The only requirement: that the food should feel exciting and splurge-y, without launching us all into damage control mode come January.

It all looks *amazing* and makes the crew hungry, so catering gets set up in the only uncrowded spot: the garage. The number of bikes stored here, by the way, makes you wonder if the Oz clan is getting ready for the Tour de France. (Nope, it turns out. Just their standard, leisurely Tours de Jersey.) Dr. Oz and Giada go for the lean protein (salmon and grilled chicken), veggies, and a tomato salad with kalamata olives.

"How'd you get into cooking?" Dr. Oz asks Giada between bites.

"Well, I come from a large family of Italians who tend to be very boisterous and overpowering—especially the men," she says. "The women sort of shrink a little, and I shrank *a lot*. So the way I felt empowered and really strong was in the kitchen."

She may have gotten strong, but pudgy? Definitely not. "I don't fit the mold of what people believe a cook should look like," she says. "You've heard the expression 'You can't trust a skinny cook.' But everyone has a different frame and body size." Still, moderation helps, says Giada: "In my family, we enjoy everything, but we don't overindulge."

If you've seen her shows on the Food Network—including *Everyday Italian*, *Giada at Home*, and *Giada in Italy*—you know she's not kidding about the enjoyment factor. This isn't a woman who totes around spray butter and tucks into fat-free frozen yogurt; that's clear from the healthy pour of olive oil she'll use in the sauté pan and the gelato she'll scoop up for herself and her 7-year-old daughter, Jade. "Tasteless food always leaves you wanting more. The key is eating *flavorful* food, just not eating a lot of it," Giada says. "Truly, the best sensations are the first few bites, but to appreciate them, you have to be in tune with yourself."

"TASTELESS FOOD LEAVES YOU WANTING MORE. THE KEY IS EATING

FLAVORFUL FOOD—

JUST NOT A LOT OF IT." —*GIADA*

FOOD STYLING BY LISH STEILING. PROP STYLING BY KAITLYN DU ROSS. PREVIOUS PAGE, FOR GIADA: STYLING BY SAM SPECTOR. HAIR BY MATT FUGATE FOR EXCLUSIVE ARTISTS MANAGEMENT USING KÉRASTASE. MAKEUP BY JULIE MORGAN. NARCISO RODRIGUEZ DRESS AT SAKS FIFTH AVENUE; MELINDA MARIA EARRINGS; VALE BRACELET

The three-bite rule might seem impossible to the rest of us, especially when something is as seductive as the cake she and Dr. Oz are sharing back at the kitchen counter. But mental tricks can come in handy, Giada tells Dr. Oz. "I love desserts, so I remind myself it's OK not to finish them. I can always have another sweet tomorrow. And if I overindulge one day, I'll scale back the next." Wardrobe adjustments help too. "For the holidays, I typically skip the jeans and go for A-line dresses and tights. I still feel good, but I have more room to move around in my clothes."

Honest, right? She's equally up-front about her personal life. The newly single mom was divorced from fashion designer Todd Thompson earlier this year. "We had been together since I was 19; I'm now 45. That's a *lifetime* with someone," says Giada. "It was a very difficult time. I don't have the answers; I'm figuring them out as I go. I'm also afraid, like many other women who go through this, and men, too, for that matter."

She's navigating all-new challenges, from her first solo holiday season to fixing things that go beep in the night. "I never knew how to hook up a TV; I had alarms going off in the night that I never had to deal with because my ex-husband would handle all that stuff," says Giada. "I can do those things now. If the water heater breaks, I can handle it. It's moments like those that wake you up and make you think, *Oh, my gosh, I can take care of myself.* Every challenge is an opportunity to become stronger and believe in yourself more. That's what it's about: believing in *yourself*."

Maybe the seating arrangements at Giada's holiday table will look a little different, but the food and the joy will still be there. Before the day wraps, Dr. Oz asks her one last question: "What does the good life mean to you?"

"The good life to me is lots of laughter," Giada says. "People always ask me: 'Why do you smile so much? And how do you *keep* smiling?' You know, I think laughing inside and outside is important. And to me, 'happy cooking' is really important. So between cooking and laughing, I think my life is pretty great."

Prosciutto-Wrapped Prunes with Parmesan

PREP 20 min — COOK 20 min
MAKES 20

- **½ cup port wine**
- **2 Tbsp cider vinegar**
- **3 whole cloves**
- **1 whole cinnamon stick**
- **3 strips orange zest**
- **¼ cup sugar**
- **Pinch of coarse salt**
- **20 pitted prunes**
- **5 thin slices prosciutto di Parma**
- **4 oz Parmesan cheese, cut into 20 bite-size pieces (about 1 cup)**

HEAT oven to 400°F.

BRING 1 cup water, the port, vinegar, cloves, cinnamon, orange zest, sugar, and salt to a simmer in a small saucepan over medium heat. Reduce heat to medium-low and add prunes. Simmer until prunes have softened and plumped, about 10 min. Let cool in liquid for 5 min. Using a slotted spoon, transfer prunes to a plate and let cool completely.

HALVE prosciutto slices lengthwise and then crosswise, making 20 short strips. Arrange on a parchment-lined rimmed baking sheet.

CUT a slit from stem to tip in each prune. Stuff each with a piece of cheese, then wrap in prosciutto. Place prunes, seam side down, on baking sheet.

BAKE until prosciutto is crisp and Parmesan is melted, 8 to 10 min. Serve warm or at room temperature.

119 cal, 4 g fat (2 g saturated), 6 g protein, 16 g carb, 10 g sugar, 1 g fiber, 328 mg sodium, 14 mg cholesterol ***per 2 pieces***

Pomegranate, Brussels Sprouts, and Kale Salad

PREP 40 min
SERVES 6 to 8

- **¼ cup pomegranate molasses or cider vinegar**
- **2 tsp Dijon mustard**
- **4 tsp agave syrup or honey**
- **1 tsp coarse salt**
- **½ cup extra-virgin olive oil**
- **2 lb Brussels sprouts, shaved or sliced very thin**
- **2 small bunches Tuscan kale, ribs removed, leaves sliced into thin ribbons (7 cups)**
- **⅔ cup pomegranate seeds**
- **⅔ cup Marcona almonds, coarsely chopped, or slivered almonds**
- **8 oz Gorgonzola Dolce or goat cheese, crumbled (about 2 cups)**

WHISK together pomegranate molasses, mustard, agave, and salt in a large bowl. (If using honey in place of agave, add 1 tsp water.) Drizzle in oil, whisking constantly to emulsify.

ADD Brussels sprouts and kale to bowl. Toss to coat in dressing, working greens with your hands to help soften them. Fold in pomegranate seeds and almonds. Top with Gorgonzola.

449 cal, 32 g fat (9 g saturated), 15 g protein, 29 g carb, 12 g sugar, 7 g fiber, 560 mg sodium, 29 mg cholesterol ***per serving***

Smashed Root Vegetables

PREP 30 min — COOK 40 min
SERVES 6 to 8

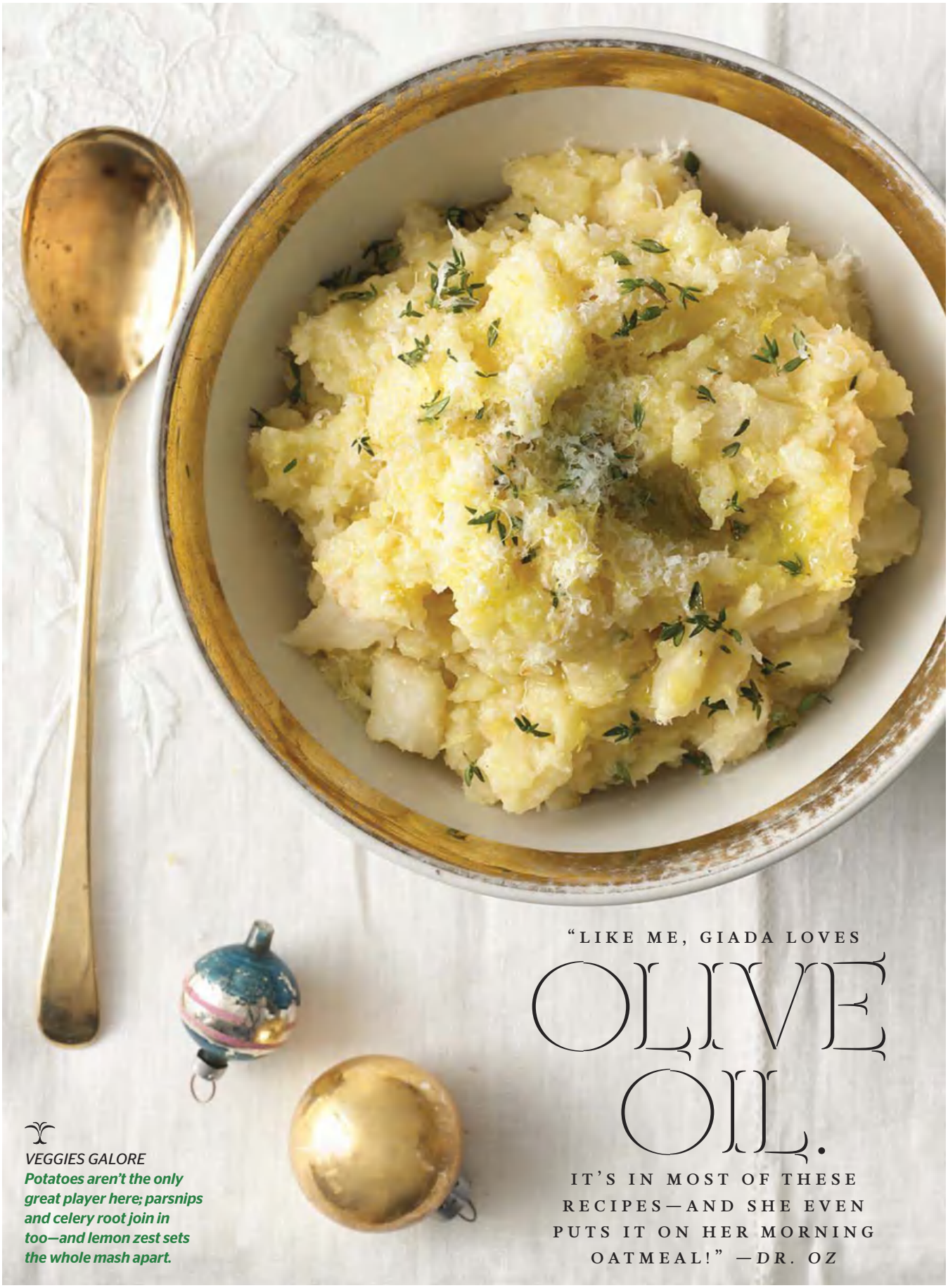
- **2 small celery roots, peeled and cut into 1-inch pieces (about 4 cups)**
- **6 parsnips, peeled and cut into 1-inch pieces (about 2 ½ cups)**
- **4 Yukon gold potatoes, peeled and cut into 1-inch pieces (about 4 cups)**
- **4 garlic cloves, smashed**
- **2 Tbsp plus 1 tsp coarse salt**
- **Zest of 2 small lemons**
- **1 tsp chopped thyme**
- **½ cup extra-virgin olive oil**
- **½ cup grated Parmesan cheese**

PLACE celery roots, parsnips, potatoes, and garlic in a large pot. Cover with cold water by an inch and add 2 Tbsp salt. Bring to a boil. Reduce heat to medium and simmer until all vegetables are tender, 10 to 15 min. Drain well and return cooked vegetables to pot.

USING a wooden spoon, stir over medium heat to remove some of the excess moisture, about 4 min. Lightly mash with a large fork or a potato masher.

REMOVE mash from heat and add remaining tsp salt, the lemon zest, thyme, oil, and cheese. Mix until well combined. Serve hot.

349 cal, 18 g fat (3 g saturated), 6 g protein, 43 g carb, 7 g sugar, 7 g fiber, 617 mg sodium, 5 mg cholesterol ***per serving***



VEGGIES GALORE
Potatoes aren't the only great player here; parsnips and celery root join in too—and lemon zest sets the whole mash apart.

"LIKE ME, GIADA LOVES

OLIVE OIL.

IT'S IN MOST OF THESE RECIPES—AND SHE EVEN PUTS IT ON HER MORNING OATMEAL!" —*DR. OZ*

"I LOVE DESSERTS,

SO I REMIND MYSELF IT'S OK NOT TO FINISH THEM. I CAN ALWAYS HAVE ANOTHER SWEET TOMORROW." —*GIADA*



HAVE YOUR CAKE
Even Giada says the holidays are a time to let go a little. This beauty is made with hearty cornmeal.

Stuffed and Rolled Turkey Breast

(shown on page 84)

PREP 25 min — COOK 1 hr
SERVES 6

Heads up for planning: The turkey needs to be seasoned a day before roasting. When you buy the turkey breast, ask the butcher to butterfly it (split it nearly in half) for you.

- **1½ tsp fennel seeds**
- **2 tsp coarse salt**
- **1 tsp orange zest**
- **1 (3½-lb) boneless, skinless turkey breast, butterflied**
- **¼ cup whole wheat panko bread crumbs**
- **¼ tsp red pepper flakes**
- **3 Tbsp extra-virgin olive oil**
- **1 small fennel bulb, cut into ¼-inch dice**
- **1 shallot, minced**
- **1 small apple, cut into ⅓-inch dice**
- **1 Tbsp chopped rosemary**

CHOP ½ tsp of the fennel seeds. Combine with 1¼ tsp of the salt and the zest. Rub both sides of turkey with salt mixture. Refrigerate in a gallon-size plastic food-storage bag overnight.

HEAT oven to 400°F. Let turkey breast come to room temperature 20 min before stuffing.

TOAST panko in a 12-inch ovenproof straight-sided pan over medium heat, stirring, until golden brown. Transfer to a bowl. Add remaining tsp fennel seeds, the red pepper flakes, and ¼ tsp salt.

ADD 1 Tbsp oil to same pan over medium-high heat. Add fennel, shallot, apple, rosemary, and remaining ½ tsp salt. Sauté until fennel softens, about 5 min. Toss in panko to combine. Set stuffing aside. Wipe out pan and reserve.

PLACE butterflied turkey, open, in front of you. Spread fennel stuffing evenly on top. Roll up turkey breast, holding firmly and keeping stuffing inside. Tie with twine in 4 spots about 2 inches apart.

ADD remaining 2 Tbsp oil to reserved pan and heat over medium-high heat. Sear turkey breast on all sides until golden brown, about 3 min per side.

ROAST in pan (or transfer to a rimmed baking sheet) in oven until an instant-read thermometer inserted into thickest part reads 155°F, about 40 min. Let stand for 15 min before slicing.

399 cal, 10 g fat (2 g saturated), 64 g protein, 9 g carb, 4 g sugar, 2 g fiber, 867 mg sodium, 167 mg cholesterol ***per serving***

Almond Cake with Orange

PREP 25 min — COOK 35 min
SERVES 6 to 8

- **1 stick unsalted butter, softened, plus more for pan**
- **½ cup cake flour, plus more for pan**
- **½ cup fine yellow cornmeal**
- **1 tsp baking powder**
- **¼ cup almond paste, grated**
- **1¼ cups confectioners' sugar, plus more for dusting**
- **½ tsp pure vanilla extract**
- **2 large whole eggs**
- **4 large egg yolks**
- **¼ cup sour cream**
- **Orange slices and/or segments, for garnish**
- **1 cup freshly whipped cream (from about ½ cup heavy cream)**

HEAT oven to 350°F. Butter and flour an 8-inch round cake pan.

WHISK together cornmeal, flour, and baking powder, and set aside.

BEAT butter and almond paste with an electric mixer on high speed until smooth, about 5 min. Reduce speed to low and slowly add sugar. Mix until thoroughly combined and pale and fluffy.

RAISE speed to high and add vanilla, then eggs and yolks 1 at a time. Mix until well combined. Reduce speed to medium and add sour cream and dry ingredients. Mix until just incorporated.

POUR into pan and smooth surface with a spatula. Bake in lower third of oven until golden and pulling away from sides of pan, 35 min.

LET cool in pan on a wire rack. Just before serving, turn out cake from pan. Line a serving plate with orange slices and set cake on top. Sift more sugar over cake, dollop with whipped cream, and garnish with more orange segments.

459 cal, 28 g fat (15 g saturated), 6 g protein, 47 g carb, 30 g sugar, 3 g fiber, 119 mg sodium, 222 mg cholesterol ***per serving*** ■

RECIPES ADAPTED FROM *HAPPY COOKING: MAKE EVERY MEAL COUNT...WITHOUT STRESSING OUT*. COPYRIGHT © 2015 BY GIADA DE LAURENTIIS. PUBLISHED BY PAM KRAUSS BOOKS, AN IMPRINT OF PENGUIN RANDOM HOUSE LLC. ADDITIONAL RECIPES ADAPTED WITH PERMISSION FROM GIADA DE LAURENTIIS.

STATEMENT OF OWNERSHIP, MANAGEMENT, AND CIRCULATION

1. Publication title: Dr. Oz The Good Life
2. Publication number: 0001-3040
3. Filing date: October 1, 2015
4. Issue frequency: Monthly, except a combined July/Aug. and Jan./Feb. issue
5. Number of issues published annually: 10
6. Annual subscription price: $20.00
7. Complete mailing address of known office of publication: 300 West 57th Street, New York, NY 10019. Contact Person: Ellie Festger, telephone: 212-649-2000
8. Complete mailing address of headquarters or general business office of publisher: 300 West 57th Street, New York, NY 10019
9. Full names and complete mailing addresses of publisher, editor, and managing editor: Publisher: Kristine Welker, 300 West 57th Street, New York, NY 10019. Editor: Jill Herzig, 300 West 57th Street, New York, NY 10019. Managing editor: Abigail Greene, 300 West 57th Street, New York, NY 10019
10. Owner: Hearst Communications, Inc. Registered office: 300 West 57th Street, New York, NY 10019. Stockholders of Hearst Communications, Inc. are: Hearst Holdings, Inc. (registered office: 300 West 57th Street, New York, NY 10019), and CDS Global, Inc. (registered office: 1901 Bell Avenue, Des Moines, Iowa 50315)
11. None
12. Not applicable
13. Publication title: Dr Oz The Good Life
14. Issue date for circulation data below: September 2015
15. Extent and nature of circulation:

Average no. of copies each issue during preceding 12 months
- A. Total no. of copies (net press run): 1,206,701
- B. Paid circulation (by mail and outside the mail)
  1. Mailed outside-county paid subscriptions stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies): 499,659
  2. Mailed in-county paid subscriptions stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies): n/a
  3. Paid distribution outside the mails including sales through dealers and carriers, street vendors, counter sales, and other paid distribution outside USPS: 247,508
  4. Paid distribution by other classes of mail through the USPS: n/a
- C. Total paid distribution: 747,167
- D. Free or nominal-rate distribution
  1. Free or nominal-rate outside-county copies included on PS Form 3541: 53,745
  2. Free or nominal-rate in-county copies included on PS Form 3541: n/a
  3. Free or nominal-rate copies mailed at other classes through the USPS: n/a
  4. Free or nominal-rate distribution outside the mail (carriers or other means): 17,157
- E. Total free or nominal-rate distribution: 70,902
- F. Total distribution: 818,069
- G. Copies not distributed: 388,632
- H. Total: 1,206,700
- I. Percent paid: 91.33%

16. Electronic copies
- A. Requested and paid electronic copies: 60,237
- B. Total requested and paid print copies and requested/paid electronic copies: 807,404
- C. Total requested copy distribution and requested/paid electronic copies: 878,306
- D. Percent paid and/or requested circulation (both print and electronic copies): 91.93%

No. of copies of single issue published nearest to filing date
- A. Total no. of copies (net press run): 1,250,400
- B. Paid circulation (by mail and outside the mail)
  1. Mailed outside-county paid subscriptions stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies): 518,251
  2. Mailed in-county paid subscriptions stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies): n/a
  3. Paid distribution outside the mails including sales through dealers and carriers, street vendors, counter sales, and other paid distribution outside USPS: 223,000
  4. Paid distribution by other classes of mail through the USPS: n/a
- C. Total paid distribution: 741,251
- D. Free or nominal-rate distribution
  1. Free or nominal-rate outside-county copies included on PS Form 3541: 55,749
  2. Free or nominal-rate in-county copies included on PS Form 3541: n/a
  3. Free or nominal-rate copies mailed at other classes through the USPS: n/a
  4. Free or nominal-rate distribution outside the mail (carriers or other means): 6,835
- E. Total free or nominal-rate distribution: 62,584
- F. Total distribution: 803,835
- G. Copies not distributed: 446,565
- H. Total: 1,250,400
- I. Percent paid: 92.21%

16. Electronic copies
- A. Requested and paid electronic copies: 63,300
- B. Total requested and paid print copies and requested/paid electronic copies: 804,551
- C. Total requested copy distribution and requested/paid electronic copies: 867,135
- D. Percent paid and/or requested circulation (both print and electronic copies): 92.78%

17. Publication of Statement of Ownership is required. Will be printed in the December 2015 issue of this publication.
18. Signature and title of editor, publisher, business manager, or owner: Kristine Welker, publisher. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

HOPE

ADDICTION IS HOPELESS WITHOUT YOU

Share your story of recovery or message of hope with someone who needs to hear it. **Visit drugfree.org and join the "Stories of Hope" community.**

Partnership™ for Drug-Free Kids
Where families find answers

©The Partnership for a Drug-Free America, Inc.

HOME LIFE

OZ NEWS: LIVING

5 THINGS WE JUST LEARNED

Turn for 4 More



1 You're Looking at a Mood Improver

Watching fishies glide around a tank lowers blood pressure and heart rate and makes you happier, says research in *Environment and Behavior*. "The movement of the fish has a calming effect," says study coauthor Deborah Cracknell. Call it aquaria-therapy!

THOMAS DEL BRASE/GETTY IMAGES

2



PERFECT FOR POST-SLEDDING NAPS, RIGHT?

THROW DOWN SOME JOY

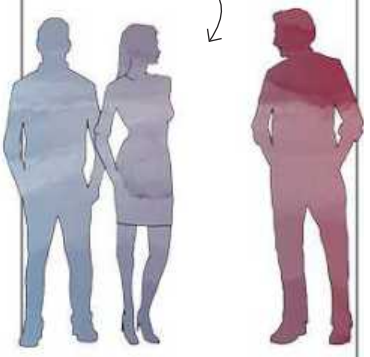
Hooray for holiday decor that won't drop needles everywhere. These sequined, seasonal pillows dial up your living room's cheer factor in two seconds flat. Bonus: They're oh-so-soft—family snuggle sesh, anyone? *Threshold Silver and Gold Sequin Toss Pillows* ($20 each, target.com)

3

Got a Crush? Don't Panic

It doesn't say anything bad about you or your relationship if you find yourself extra-liking another man's jokes or square jaw, says a new study of 160 women in the *Journal of Sex & Marital Therapy.* The research found that outside crushes are unlikely to have negative effects on your own partnership. Just keep it casual, folks.

FLIRTING'S OK, AT A SAFE DISTANCE.



4

Set goals you can actually *achieve* When a challenge is too hard, you feel less reason to try; too easy, and you feel no sense of reward. But if you can accomplish a goal with just enough effort, you'll enjoy pursuing it, says the new book ***Habits of a Happy Brain***, by Loretta Graziano Breuning, Ph.D. Realistic ambition psychs you up the most.

5



money smarts

A HOLIDAY SHOPPING CHILL-OUT PLAN

Procrastination may be a major reason that 66% of Americans go over their holiday budget by an average of $116, according to a survey by Coinstar. When you're in a time crunch, your brain acts on adrenaline instead of logic, so you buy the first thing you see because you're worried you won't find something better, says finance guru Farnoosh Torabi, host of the So Money podcast. Instead of splurging (and stressing), Torabi suggests keeping a few bottles of nice wine on hand for last-minute presents, or going to GiftRocket .com, which lets you buy gift cards to any store or restaurant. If you're too rushed to print, you can even email a card with a personal note. Crisis averted!

FROM TOP: J MUCKLE/STUDIO D; MIKE KEMP/GETTY IMAGES. ILLUSTRATIONS BY THE ELLAPHANT IN THE ROOM

by invitation :: tipsntrends, inc. :: 323-525-1700

Fragrance & paraben-free!



THE ENJOYMENT OF INTIMACY IS BACK
Internal Vaginal Moisturizer offers instant relief of dryness & discomfort lasting up to 3 days, enhancing your own lubrication. Created by NYC Gynecologist Dr. Ronald Blatt & clinically proven. **PrivateRX.com** & Select CVS/pharmacy Stores.

the better body

Call for free sample! 800-421-2998



FEEL GOOD & LOOK GOOD!
Kyo-Dophilus probiotics are natural, dairy-free, friendly live cultures to support the digestive & immune system. Keep your tummy happy, feel good from the inside out! Whole Foods, Vitamin Shoppe, GNC, Sprouts, health food stores. **kyolic.com**

GIFT YOURSELF GUIDE

TIP: Sitting and traveling can take a toll on legs. Keep this in your carry-on!

PUT A STOP TO AGITATED LEGS
Trying to relax but your legs aren't cooperating? Calm agitated legs* naturally with homeopathic Hyland's Restful Legs tablets. Safe and effective relief! Select Walmart, Walgreens & Natural Food stores. **hylands.com** or 800-466-3672



A HEALTHY HOLIDAY IS PASTA-BLE!
Update favorite dishes with delicious pastas that keep you full all day. Made with the nutrition of only beans, gluten-free, high fiber Explore Asian organic pastas pack 25g of protein per serving. 20% off. Code: **TGL20** at **explore-asian.com**





GO RADIANT, GO BEAUTIFUL, GOPURE
Reduce the appearance of wrinkles & spots with the power of Vitamin C in Organic goPure skincare. Gently wash with sulfate free Cleanser followed by 20% clinical strength Serum. 30% off! Code: **TIPS30** at **CleopatrasChoice.com** or 800-925-4232

NATURAL IBS RELIEF AT HAND!
IBS Therapy Fast Dissolving Tablets provide homeopathic relief for the uncomfortable symptoms associated with IBS. **$2 off coupon** at **thereliefproducts.com**. Available at Albertsons, CVS, Kinney Drug, Rite Aid, Walmart & Walgreens. 888-969-6855



HAPPY TRAVEL FEET
Ahh, Natural Relief & Healing Cream for foot & ankle pain, leg cramps, neuropathy - a perfect travel companion for tired, swollen feet! Also moisturizes and eliminates calluses. Available at CVS and Walgreens. **topricinfoot.com**





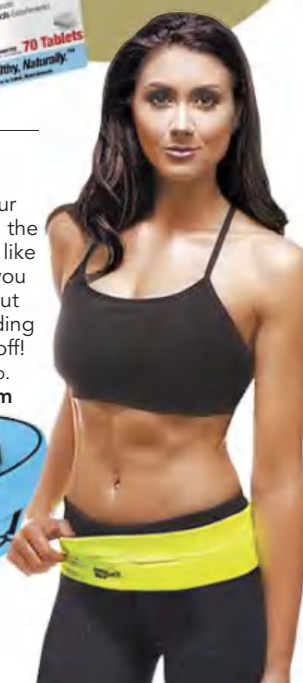
Less than 70 cents per dose



GET MIGRAINE RELIEF WITHOUT AN RX!
Developed by a neurologist & migraine sufferer, Ausanil homeopathic nasal spray is formulated to rapidly relieve severe headache & migraine pain with no adverse drug interactions. Get back to living life! **Ausanil.com**, Amazon.com & 888-888-4206

SIMPLIFY YOUR ACTIVE WEAR
The perfect gift for your active friends and family, the FlipBelt holds essentials like phone and keys while you run and exercise without bouncing, chafing, or riding up. Get yours for 15% off! Code: **DO15DEC** (Exp. 1/31/16) at **flipbelt.com**





*Usages for Hyland's products are based on traditional homeopathic practice. They have not been reviewed by the Food and Drug Administration.

The Good Life

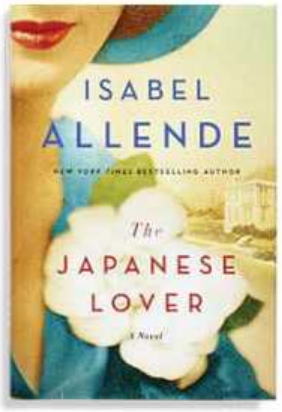
gift guide

Just what the doctor (mail) ordered: presents with mind and body benefits. Shop them for friends, fam, and the most deserving one of all—you.

PHOTOGRAPHED BY MARKO METZINGER

1 PAGE-TURNER Wanna be nice to your fave book-club pal? Get her Isabel Allende's smart, moving new novel. *The Japanese Lover ($28, Atria Books).* **2 TOP POPPER** It's a movie-night must. Spice up your popcorn and make enough for everyone. Lékué Popcorn Maker *($20, surlatable.com).* **3 BINGO WAS HIS NAME-O!** The classic board game gets a *fetch-ing* upgrade. Dog Bingo *($30, crateandbarrel.com).* **4 TEA FOR TWO** Or coffee, or cocoa. Heat makes these mugs change color. DavidsTea Colour Changing Nordic Mugs *($23 each, davidstea .com).* **5 FILL IN THE BLANKS** One of our eds swears by group coloring time—grab this book and bust out the pencils. *Tropical World,* by Millie Marotta *($15, amazon.com).* **6 'NUFF SAID** A spicy-sweet bottle of red is a girls' night win. Lost Inhibitions Wine *($20, lostinhibitions wine.com).* **7 MIND GAMES** This triple-threat set packs in backgammon, chess, and checkers. (FYI: A game of backgammon is one of Dr. Oz's favorite ways to connect with his dad.) 3-in-1 Game Set *($60, crateand barrel.com).* **8 STAY-IN-TOUCH CLUTCH** Slide your phone right into this cute wallet. You'll never rummage for it again. Sydney Zip Phone Wallet *($75, fossil.com).*

1>



2

Psst—*popcorn is a whole grain!*



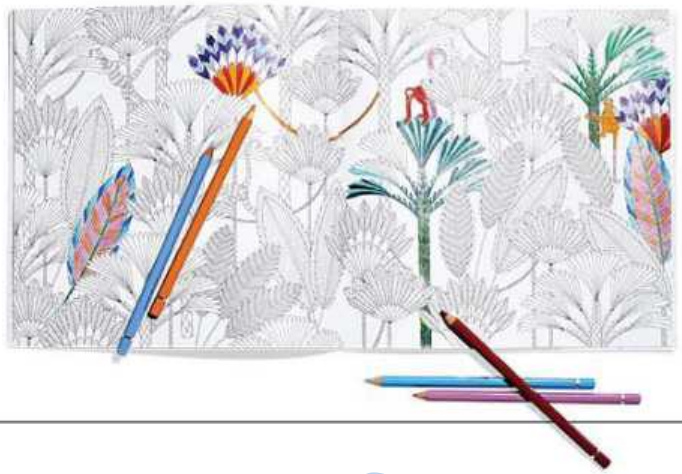
3





4>

5>



connect

Eight gifts to make the most of quality time with those you love—morning coffee with your better half, catch-up calls with friends, family board-game night, and more.

This label sends the right message.

6>



7>



<8



STUDIO D. RIBBON AND STILL LIFES STYLING BY ANNA TOUPITSYNA. MARKET EDITOR: CHRIS PEARLSTEIN

revive

Think of these as pick-me-up presents. Some help you snooze, heal, and soothe; others can rev up your mood. As for the rest? Well, they just make ya look gorgeous.

we heart this

THERE'S BEEN LOTS OF POSITIVE HEALTH BUZZ ABOUT COFFEE LATELY. WE CALL THAT MUG-CLINKIN' GOOD NEWS.



***MMM*, STOVETOP ESPRESSO *This* is what a good morning tastes like.** Illy Alessi Pulcina Moka Pot *($90, illyusa.com)*

1 MINTY FRESH Give pearly whites something to smile about. Slim Sonic Electric Toothbrush *($16, violife.com).* **2 SHOWER POWER** Luxe it up with scented oils. Aromatherapy Associates Ultimate Bath Jewels *($98, spacenk.com).* **3 CHEERY BANDAGES** Not just for kids. Ouch! Art School bandages *($6, daytripsociety.com).* **4 TOASTY CARDI** Stay warm even when it's like *The Shining* outside. Nordic Button-Front Cardigan *($138, garnethill.com).* **5 CHIC SLEEP MASKS** Block light cutely. Sunglasses Masks *($16 each, flight001.com).* **6 SCRUB-A-DUB** This skin-freshening brush has a cool new look. Clarisonic Mia 2, Keith Haring Special Edition in Dance *($149, clarisonic.com).* **7 HOUSE CALL** Nurse yourself with these home remedy ideas. *Vinegar Socks ($20, Hardie Grant).* **8 HEAVEN-SCENT** For amazing-smelling rooms. AeroMist Ultrasonic 24-Hour Diffusing Mister *($60, bn.com).* **9 SNUGGLY HEADPHONES!** Music when you need a lift, through your earmuffs. Kid you not. Classic Wired Earmuffs *($85, uggaustralia.com).* **10 TOSS LESS, SNOOZE MORE** Track your zzz's with bedside tech. S+ by ResMed *($150, mysplus.com).* **11 GOOD TO GLOW** Insta-perk your lips and cheeks. Lilah B. Divine Duo *($46 each, lilahbeauty.com).*

1 >



This electric brush comes in tons of fun patterns. Love the travel-friendly cap.

2 >



3 >



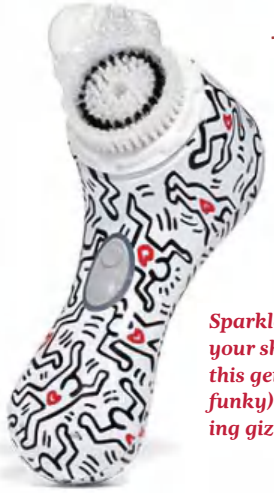
4 >



5 >



6 >



Sparkle up your skin with this gentle (but funky) cleansing gizmo.

7 >



Home remedies for bronchitis, chapped lips, and more.

8 >



9 >



10 >



11 >



A color burst for lips and cheeks in a package shaped like a river pebble.

1 >

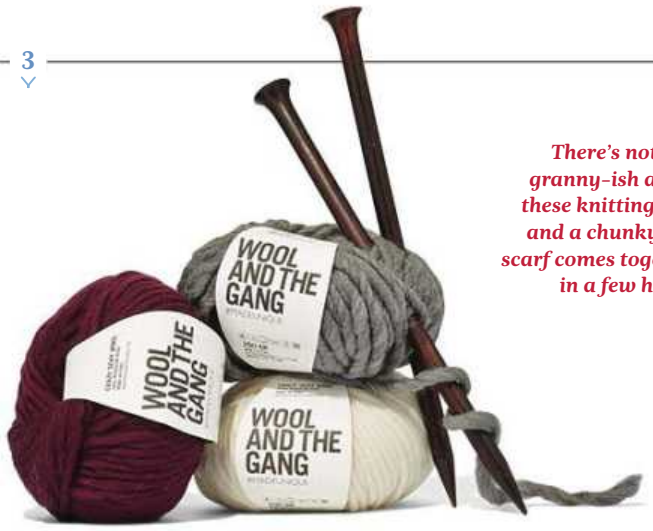


Roll these dice for dinner direction.

2 >



3 >



There's nothing granny-ish about these knitting kits, and a chunky, fab scarf comes together in a few hours.

4 >



5 >



6 >

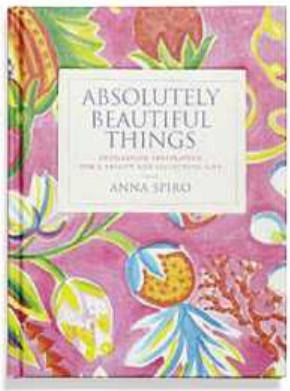


Yoga towels: They're the secret to a no-wobble Down Dog.

< 7



8 >



9 >

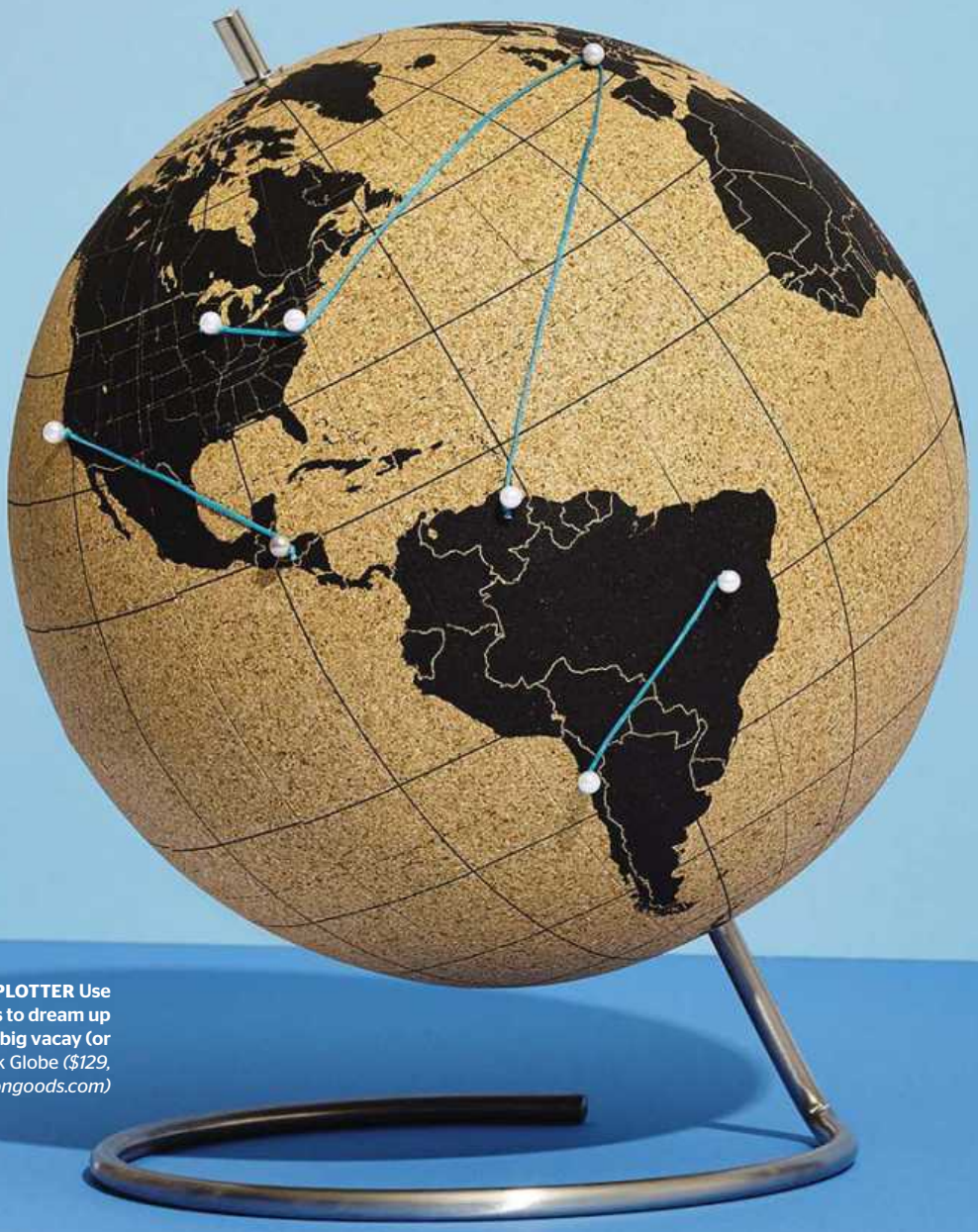


10 >



inspire

Bloom beyond your comfort zone with these joy-sparking gifts. Mix up mealtimes, nail your workout goals, try a whole new look… and congratulate yourself (see #2 and #10)!



GLOBE-PLOTTER Use pushpins to dream up your next big vacay (or three!). Cork Globe *($129, uncommongoods.com)*

we heart this

TAKE A TRIP, FOR YOUR TICKER'S SAKE! TRAVELING HAS BEEN LINKED TO A DECREASED RISK OF CORONARY DISEASE.

1 WHAT'S FOR DINNER? Let the dice decide what to make and how to prepare it. Foodie Dice Tumbler *($40, thinkgeek.com).* **2 MAKE IT BUBBLY** Sparkle up everything from water to wine. ('Sup, DIY champagne?) DrinkMate Mini *($50, wayfair.com).* **3 PICK KNITTING** Ever see lush scarves and say, "I wish I could make that"? Now you can. Knit Kits *(from $25, woolandthegang.com).* **4 COZY MOTIVATION** You'll *want* to hit the track in this. Joyride Hoodie *($125, brooksrunning.com).* **5 MAKEOVER KIT** Like middle-school fun in a box—except these hues are gorgeous, and you actually know what you're doing now. Laura Mercier Master Class Colour Essentials Collection *($125, Nordstrom).* **6 IT'S A FITNESS TRACKER!** And it's *fabulous.* Calder bracelet *($300 with code DROZ25, wisewear.com).* **7 GET A GRIP** Find your center with yoga; stay there with no-slip towels. Low Tide and Hologram Yoga Towels *($40 each, yogazeal.com).* **8 HOME HELPER** A coffee-table stunner with decorating tips galore. *Absolutely Beautiful Things ($30, Conran).* **9 EAU DE BEST SELF** These delicate scents are inspired by positive virtues. My Philosophy fragrances *($40 each, Sephora).* **10 HIGH FIVE!** Give yourself one. *Healer,* print by Betty Hatchett *(from $29, minted.com).*

nourish

From decadent foodie finds to comforting mantras, consider these rich picks a mandate to nurture yourself from the inside out.



TEATIME UPGRADE A tea infuser worthy of Cleopatra—and you! Icon Au Gold Infuser *($30, teaforte.com).*

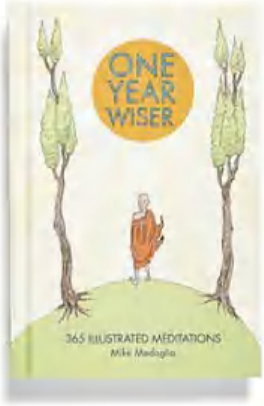
1 YOU GROW, GIRL Yum, fresh herbs! Garden-in-a-Can *($12 for two, backtotheroots.com).* **2 SOUL FOOD** Simple meditations for every day of the year. *One Year Wiser ($20, SelfMadeHero).* **3 SHELF PRESERVATION** Fancy new digs for your whole grains. Cypress Grove Canisters *(from $20, pier1.com).* **4 STEP UP YOUR PLATES** These gorgeous Melamine dishes make healthy meals special. Veracruz Dinnerware Collection *(from $30, williams sonoma.com).* **5 FLAVORED OLIVE OILS** Pour your heart out. Trio of Specialty Olive Oils: Basil, Lemon & Chili *($42, oliviesandco.com).* **6 LOOK GOOD, DO GOOD** Net profits from this rich moisturizer support Feeding America. Creme de Corps *($29.50, kiehls.com).* **7 SNACK ATTACK** A healthy, customizable snack subscription box? Sign us up. BodyOM *(from $15/month, bodyom.com).* **8 SUPERFOOD MEALS** Jamie Oliver cooks up delicious, good-for-you food. *Everyday Super Food ($35, Ecco).* **9 FOR SALAD DAYS** So...all days. Romano Salad Bowl & Serving Set *($48, premierhomeandgifts.com).* **10 SO MUCH YUM** This entire basket is gluten-free. We selflessly tested every cookie, noodle, and kale chip—all incredible. Gluten-Free Goodies Gift Box *($80, markethallfoods.com).*

1 >



Grow basil and cilantro, pinch, and cook!

2 >



3 >



4 >



5 >



6 >

We love that this gift gives back.



7 >



8 >



9 >



Gluten-free folks: This treat-packed basket is for you.

10 <



HOLIDAY HINTS

Set a Magical, Mindful Table

It's worth getting these details right before digging into that special meal. With minimal effort they give you triple the joy.

BY MIRANDA CROWELL
PHOTOGRAPHED BY PHILIP FICKS



bring the outdoors in

Science says nature's a mood booster. Try these rustic DIY table toppers. (They're low- to no-hassle, promise.) ✳ *Prop place cards against little pinecones, say the geniuses behind Food52.* ✳ *Write guests' names straight onto leaves using a metallic pen: It's informal and festive.*

make a toast

Invite anyone to chime in, says etiquette consultant Thomas P. Farley. Then let the meal unfold as it may: "Your dinner is not a Norman Rockwell painting."

help them choose healthy

Want to see veggie-loaded plates around the table? A study found that people scoop up 66% of their meal from the first few dishes in buffet lines, so put yummy plant-based offerings in those spots.



build a simply lush centerpiece

Here's how Annette Joseph, author of *Picture Perfect Parties,* does it: Pile whole and cut fruit in a bowl or on a stand, and tuck in a few dark roses or mums. "It looks like a Renaissance painting and requires zero craft skills," she says.

use the white plates

This isn't the time or place for counting calories. Still, that *must...unbutton...pants* moment sure isn't fun. Avoid it by using white or light-colored plates. People serve themselves less when the color contrast between their food and plate is greater, says a study by researchers at Cornell University, so pale plates are generally a healthy bet.



✳ *Nuts are good eating and pretty-looking.*

go for a soft glow

A recent study shows that people may relish their food more in low-light settings than in bright ones. So use candles or lamps with soft-white bulbs. Want the ultimate in cozy? Set up your table in view of a crackling fireplace.

✳ *Tie rosemary to a napkin. "It's elegant, and it plays to both sight and smell," says Erin Gleeson, author of the new book* The Forest Feast Gatherings.

try smart seating

Etiquette expert Jacqueline Whitmore splits up married couples because "they know each other's stories," she says. "I also put the chattiest person in the center and mix young and old—it's a chance to hear new perspectives."



** Sprinkle flowers and lemon leaves around.*

drink in good spirits

For a fun, not woozy-making night, opt for narrow glasses. A 2013 study found that people poured almost 12% more wine into wide glasses than into standard ones.

mix it up over dessert

To keep the festive vibes flowing through the last forkful of pie, set up dessert as a buffet, says etiquette consultant Jodi R.R. Smith, and suggest that guests swap seats so they can stretch their legs and chat up someone new.

pop some questions

"Place a starter question on a note card under everyone's plate," suggests Farley. "For example: What was your favorite holiday gift ever?" Go around the table and share. It might feel corny, but it's worth it once the "Awws" and "Ha!s" kick in.

deck out your table

Bernardaud Ecume Dinner Plates in White *($56 each, bernardaud.com).* Sferra Festival Dinner Napkins in Orchid *($58 for set of four)* and Table Runner in Peacock *($70 for 15"x108", sferra.com).* Canvas Eau Minerale Glasses in Amethyst *($11 each, canvashomestore.com).*

PROP STYLING BY PAM MORRIS. FOOD STYLING BY JAMIE KIMM

REMEMBER: EAT WHAT YOU LOVE!

Don't waste your appetite on boring rolls. Save it for the special stuff, like your aunt's once-a-year pumpkin pie, says Susan Albers, Psy.D., author of *50 More Ways to Soothe Yourself Without Food.*

HOW was YOUR Year? 2015

That's what we're all asking ourselves around now, and lots of us wind up tallying only the misses. *Did I clean out my attic? Firm my tummy? Save the world?* Whoops. The problem with this approach: We begin the new year hobbled by regret (so much for that fresh-start energy). There's a better way to look back. Use these questions from seven major motivators to create your own highlight reel—and launch an awesome 2016.

BY ERIN ZAMMETT RUDDY ILLUSTRATIONS BY SARAH COLEMAN

1 WHEN DID I *NOT* GIVE UP?

Amy Van Dyken, *former Olympic gold-medal swimmer; an ATV accident in 2014 left her lower body paralyzed.*

This year I walked 200 steps; it was in braces in physical therapy, but under my own power. I sweated, and I cried, and I wanted to quit. *I didn't.* After my accident everyone said, "Your spinal cord is severed; you'll never walk again." When they were teaching me how to use my wheelchair, I thought, *You're telling me I'm stuck in this thing, but I'm going to show you I'm not!* Your doctor, your boss, your husband all may say things that limit you without realizing they're doing it. You're going to have bad days—trust me, I'm paralyzed: It's not all roses and unicorns. Every time I'm doing something hard, I ask myself: *What would I get from giving up that I wouldn't get from finishing?* That keeps me going.

2 DID I DO SOMETHING THAT SCARED ME?

Jen Welter, *Ph.D., recently completed her stint as the first female NFL assistant coach.*

Coaching in the NFL was one of the coolest experiences you can imagine, but I had to step out of my comfort zone completely to do it. I was scared, but I didn't want to look back and say, *I wish I would have taken the chance.* I sold my condo and put all my stuff in storage when I moved to Phoenix. I wanted to be able to go anywhere and chase whatever opportunity came. When you remove your "fallback plan," you're in it 150 percent. It's normal to stumble when we take risks, but we learn how to get up, and we get stronger along the way. Betting on yourself is how you find the greatest happiness, and if you've done it once, you can do it again.

3 WHEN DID I HAVE FUN?

Gabrielle Bernstein, *a life coach and author of* Add More -ing to Your Life.

Rather than looking back on 2015 and asking ourselves, *How much did I accomplish?* we should be asking ourselves, *How much fun did I have?* It doesn't have to be big-vacation fun—just anytime you truly had a blast. We need to give ourselves permission to let loose—it helps with the self-judgment that holds us back. Another bonus: Having fun is about being present in the moment, something we should all have on our resolution list.

4 HOW DID I DEAL WITH MESSING UP?

Amy Johnson, *Ph.D., a Michigan-based psychologist and life coach, and author of* The Little Book of Big Change.

We often see things as black or white—either we're still overweight or we're not, either we got promoted or we didn't. But change is a process. Look back and feel good about the times that you didn't call yourself a failure despite not making a winning move. Maybe you skipped the gym or missed a deadline? Let yourself off the hook. Progress comes when we quickly move on: Whatever happened is over, and we can start fresh.

5 WHO DID I LEAN ON THIS YEAR?

Sandra Lee, *TV chef and author, longtime partner of New York governor Andrew Cuomo. She was diagnosed with breast cancer in May 2015, and recently announced that she's cancer-free.*

This was a reality-check year for me. I was diagnosed with breast cancer, and it was one of the hardest years of my life—but I took from it what I needed to learn. A big lesson: You don't realize how much you need your friends until you *need* them. Not in the Hallmark kind of way, but in the "Can I help you change your bandages?" way. My girl gang brought me food, coordinated with each other behind the scenes to make sure I was OK, and threw me a surprise birthday party with Robin Roberts, who's been a major mentor of mine [having gone through cancer herself]. I also learned to love and respect my partner's input more—Andrew was wonderful and stepped in and stepped up when it came to the house and the family. Emotionally, too. You never know how someone is going to deal with those kinds of crises, and he was stellar. Everybody was on board to help out. And I let them. You have to lean on others. These bonds give you strength to keep showing up.

6 WHEN DID I FORGIVE SOMEONE?

Frederic Luskin, *Ph.D., psychologist and director of the Forgiveness Project at Stanford University and author of* Forgive for Good.

Everyone wants to start the year feeling lighter, and not forgiving someone is like carrying excess emotional weight and stress. If there's a grudge you can't let go of, think of someone you *did* manage to forgive. That's a start, because forgiveness is like a muscle that needs to be developed through practice—and reminding yourself you've forgiven before helps when you are overwhelmed with current resentments. So what if you didn't forgive the biggest wrong in your life yet? Practice with something small. When the cab is late or you got bad service, say, "Hey, it's no big deal. Maybe they were distracted. I can handle this." Change the story so you're not the victim. Forgiving anybody helps rewire your brain to let go of things more efficiently.

7 WHAT WOULD I HAVE MISSED IF I HADN'T LIVED THE LAST YEAR?

Dr. Oz

I ask myself this every New Year's, and I focus specifically on three areas:

First, I think about a new person I met who had the most impact on my life—because we are defined by the people around us. (This year, for me, it was Dov Seidman, who offers such deep insights into life's challenges; he's a businessman and a philosopher who helps companies thrive while using their moral compass.)

Second, a skill I learned that reinforced that I can improve myself (better backhand in tennis!).

And finally, the family activities that changed me—this one's easy: My daughter Daphne recently gave birth to her second baby, and seeing my new grandson for the first time (and watching his 20-month-old sister, Philomena, hold him) reminded me that we are *all* born with unbounded potential, and every one of us can tap into that potential at any time.

Answering these questions and reflecting on the answers reminds us that we're not just living, but truly alive.

Find Your Energy Formula

"What's the prescription for more energy?" People ask me that all the time. Everyone wants the magic answer for get-up-and-go when our bodies are telling us to give up and blob out. And no, a caffeine IV drip won't solve the problem.

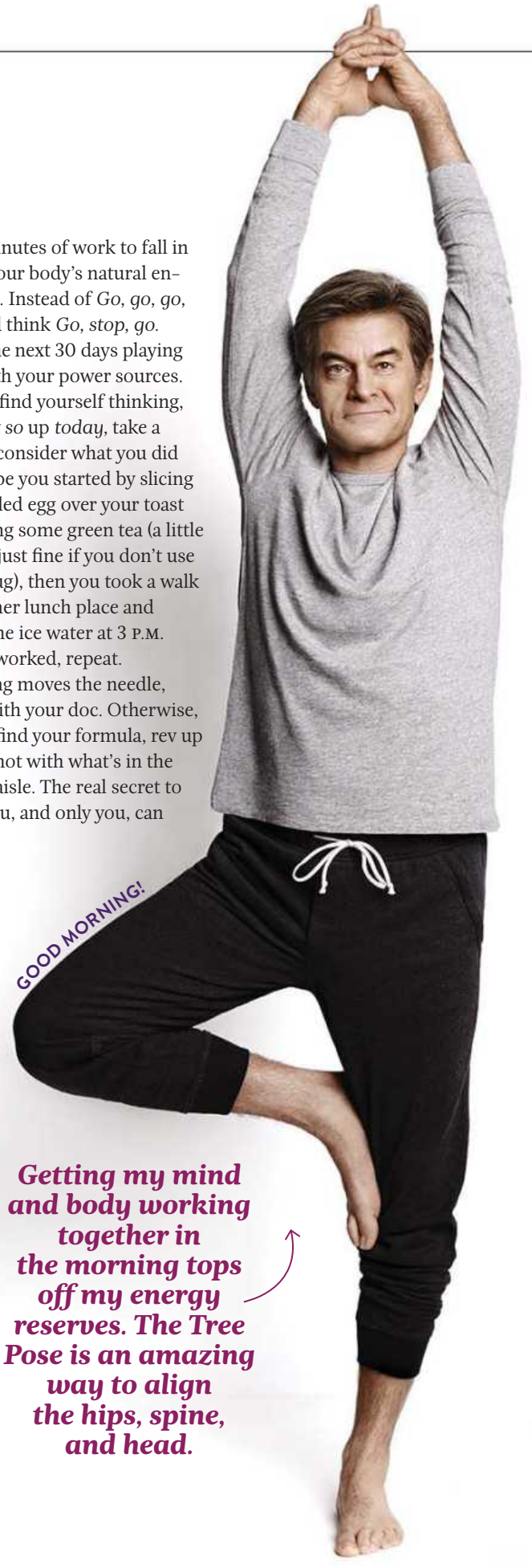
Energy is something you have to experiment with, almost like a scientist creating a trademarked formula. What works for your spouse or your friend may not be best for you. But if I were to write out *my* recipe, it would look like this: I start with a morning stretch to get my blood circulating, add a green smoothie and yogurt for a good dose of nutrients, and later on, take a power nap as needed. For instant spark, I love the boost that music gives me. (Springsteen always works.)

Now let's pinpoint *your* energy essentials. Start with three questions: (1) Are you getting enough sleep? (2) Are you eating protein in the morning to keep your blood sugar and energy steady longer? (3) Are you drinking enough water during the day? (Dehydration literally can drain you.) If your answer to any of these is no, your power equation needs an eating/sleeping/drinking adjustment.

Doing all this and still exhausted? Look at the way you tend to get things done. Do you put your head down and plow through tasks until you're running on fumes? The trouble might be that you're not pausing to hit "reset" enough. Research has shown that you need some downtime (about 15 minutes) after 50 minutes of work to fall in line with your body's natural energy cycles. Instead of *Go, go, go,* you should think *Go, stop, go.*

Spend the next 30 days playing around with your power sources. When you find yourself thinking, *Wow, I felt so* up *today,* take a minute to consider what you did right. Maybe you started by slicing a hard-boiled egg over your toast and brewing some green tea (a little caffeine is just fine if you don't use it like a drug), then you took a walk to the farther lunch place and sipped some ice water at 3 P.M. Whatever worked, repeat.

If nothing moves the needle, check in with your doc. Otherwise, when you find your formula, rev up with that, not with what's in the junk food aisle. The real secret to energy? You, and only you, can unlock it.



Getting my mind and body working together in the morning tops off my energy reserves. The Tree Pose is an amazing way to align the hips, spine, and head.

J.CREW LONG-SLEEVED T-SHIRT AND SWEATPANTS

PHOTOGRAPHED BY ART STREIBER

Dr. Oz The Good Life® (ISSN 2332-4147) is published monthly with combined issues in January/February and July/August (10 issues a year) by Hearst Communications, Inc., 300 West 57th Street, New York, NY 10019 U.S.A. Steven R. Swartz, President and Chief Executive Officer; William R. Hearst III, Chairman; Frank A. Bennack, Jr., Executive Vice Chairman; Catherine A. Bostron, Secretary. Hearst Magazines Division: David Carey, President; John A. Rohan, Jr., Senior Vice President, Finance. © 2015 by Hearst Communications, Inc. All rights reserved. Dr. Oz The Good Life is a registered trademark of Hearst Communications, Inc. Periodicals postage paid at New York, NY, and additional entry post offices. Canada Post International Publications mail product (Canadian distribution) sales agreement no. 40012499. Editorial and Advertising Offices: 300 West 57th Street, New York, NY 10019-3797. Subscription prices: United States and possessions: $20 for one year. Canada, add $7, for all other countries, add $23 per year. Subscription Services: Dr. Oz The Good Life will, upon receipt of a complete subscription order, undertake fulfillment of that order so as to provide the first copy for delivery by the Postal Service or alternate carrier within four to six weeks. From time to time, we make our subscriber list available to companies who sell goods and services by mail that we believe would interest our readers. If you would rather not receive such offers via postal mail, please send your current mailing label or exact copy to Mail Preference Service, P.O. Box 6000, Harlan, IA 51593. You can also visit http://hearst.ed4.net/profile/login.cfm to manage your preferences and opt out of receiving marketing offers by email. For customer service, changes of address, and subscription orders, log on to Service.DrOzTheGoodLife.com or write to Customer Service Department, Dr. Oz The Good Life, P.O. Box 6000, Harlan, IA 51593, or call toll-free 800-945-3057. Dr. Oz The Good Life is not responsible for unsolicited manuscripts or art. None will be returned unless accompanied by a self-addressed stamped envelope. Canada BN NBR 10231 0943 RT. Postmaster: Send all UAA to CFS. (See DMM 707.41.2.5); Non-Postal and Military Facilities: Please send address changes to Dr. Oz The Good Life, P.O. Box 6000, Harlan, IA 51593. Printed in the U.S.A.



TIRED OF BEING TIRED?

Floradix®

Iron + Herbs helps reduce exhaustion and fatigue*

Iron-deficiency symptom checklist

Do you suffer from any of the following?

- ☐ Are you continually tired and lack appetite?
- ☐ Pale skin & dark circles under eyes
- ☐ Often have difficulty concentrating?
- ☐ Feel chilly or catch colds easily?
- ☐ Have brittle hair or fingernails that chip easily?
- ☐ Are you vegetarian?

The more questions you answered "yes" to, the higher your risk of being iron deficient. Iron deficiency often goes undetected, so you may want to ask your doctor for a serum ferritin test.



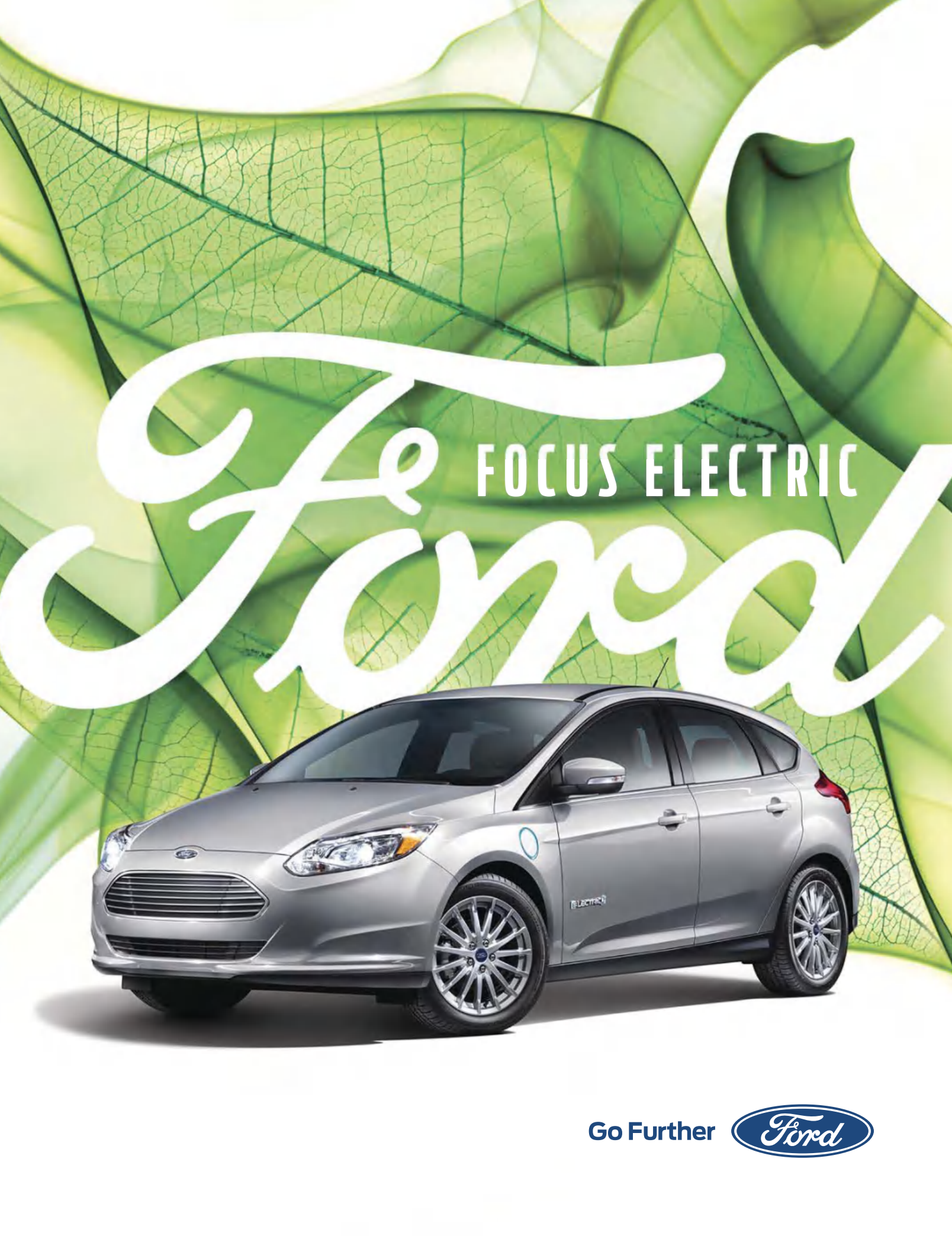
If you are feeling tired & run-down, Floradix could be the simple solution. Its unique low-dose formulation, with highly soluble iron gluconate as well as whole food concentrates and co-factor B and C vitamins, ensure that it is easily absorbed by the body. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.*

FLORA

WWW.FLORAHEALTH.COM
Locate a store near you.

FLORADIX IS AVAILABLE AT: WHOLE FOODS MARKET | The Vitamin Shoppe

*THIS STATEMENTS HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.


FOCUS ELECTRIC
Ford
Go Further
Ford